



Smoky Popcorn



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 servings kosher salt
- ☐ 0.5 cup popping corn
- ☐ 1 teaspoon paprika smoked spanish hot
- ☐ 2 cups japanese rice crackers mixed
- ☐ 0.5 tablespoon sugar
- ☐ 4 tablespoons butter unsalted melted
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup japanese furikake mix

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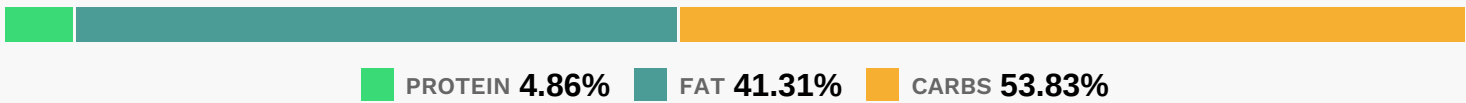
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large saucepan, combine the oil and popcorn, cover and cook over moderate heat until it starts to pop. Shake the pan and cook until the corn stops popping.
- ☐ Transfer the hot popcorn to a large bowl.
- ☐ Sprinkle with the paprika and sugar and toss well.
- ☐ Drizzle with the butter and toss, adding the furikake and rice crackers. Season with salt, toss again and serve.

Nutrition Facts



Properties

Glycemic Index:10.55, Glycemic Load:9.2, Inflammation Score:-1, Nutrition Score:1.83999999951539%

Nutrients (% of daily need)

Calories: 114.61kcal (5.73%), Fat: 5.22g (8.03%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 15.3g (5.1%), Net Carbohydrates: 15g (5.45%), Sugar: 0.33g (0.37%), Cholesterol: 6.02mg (2.01%), Sodium: 197.19mg (8.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Manganese: 0.21mg (10.28%), Vitamin K: 5.32µg (5.06%), Selenium: 2.85µg (4.07%), Vitamin A: 119.71IU (2.39%), Vitamin E: 0.35mg (2.3%), Phosphorus: 22.97mg (2.3%), Copper: 0.04mg (2.13%), Vitamin B5: 0.19mg (1.94%), Vitamin B6: 0.03mg (1.67%), Vitamin B3: 0.31mg (1.56%), Zinc: 0.22mg (1.43%), Magnesium: 5.15mg (1.29%), Fiber: 0.3g (1.21%)