



## Spiced chilli popcorn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



5

CALORIES



6 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 pouch butter-flavored microwave popcorn
- ☐ 1 tsp pepper
- ☐ 1 tsp pepper black
- ☐ 2 tsp spice mixed

## Equipment

- ☐ oven
- ☐ baking pan
- ☐ microwave

# Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Pop the natural microwave popcorn pouch (or popcorn kernels) following pack instructions.
- ☐ Meanwhile, mix together chilli flakes, cracked black pepper and mixed spice. Toss the popcorn with the spice mix, then tip onto a large baking tray and place in the oven for 5 mins until the corn is crisp and the spices are fragrant.
- ☐ Sprinkle with a pinch of salt and eat warm or once cooled. Will keep in an airtight container for up to a week.

## Nutrition Facts



## Properties

Glycemic Index:19.35, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:0.99217392892941%

## Nutrients (% of daily need)

Calories: 5.94kcal (0.3%), Fat: 0.23g (0.36%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.09g (0.1%), Cholesterol: 0mg (0%), Sodium: 8.58mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Manganese: 0.19mg (9.3%), Vitamin A: 123.23IU (2.46%), Fiber: 0.38g (1.52%), Iron: 0.27mg (1.5%), Vitamin K: 1.31µg (1.25%), Vitamin E: 0.18mg (1.19%)