



Spicy Cinnamon-Sugar Popcorn

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon chili oil such as la-yu hot
- 1 tablespoon granulated sugar
- 0.1 teaspoon ground cinnamon
- 0.5 cup popcorn kernels
- 0.3 teaspoon salt fine
- 3 tablespoons butter unsalted melted

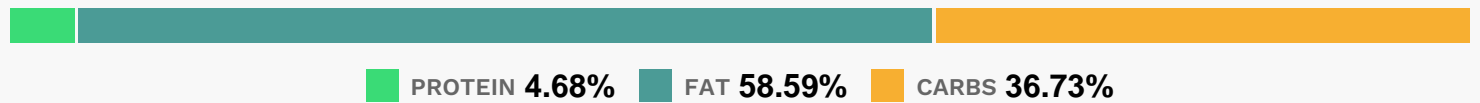
Equipment

- bowl

Directions

- In a small bowl, stir together the sugar, salt, and cinnamon. Set aside. Using an air popper, pop the corn kernels into a large bowl. Meanwhile, combine the butter and chile oil in a small bowl. As the large bowl begins to fill with popcorn, alternately drizzle the oil mixture over the popcorn and sprinkle it with the cinnamon-sugar, occasionally tossing to coat. When the popcorn stops popping, use your hands to toss everything together and ensure that the ingredients are evenly distributed.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.39, Glycemic Load:1.05, Inflammation Score:-1, Nutrition Score:1.6217391426149%

Nutrients (% of daily need)

Calories: 97.4kcal (4.87%), Fat: 6.46g (9.93%), Saturated Fat: 3g (18.78%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 7.79g (2.83%), Sugar: 1.59g (1.77%), Cholesterol: 11.29mg (3.76%), Sodium: 74.02mg (3.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Fiber: 1.32g (5.27%), Manganese: 0.1mg (5.23%), Phosphorus: 31.93mg (3.19%), Magnesium: 12.73mg (3.18%), Vitamin E: 0.4mg (2.67%), Vitamin A: 131.29IU (2.63%), Vitamin B1: 0.03mg (2.18%), Zinc: 0.29mg (1.92%), Iron: 0.33mg (1.81%), Folate: 6.51µg (1.63%), Vitamin B6: 0.03mg (1.49%), Vitamin K: 1.43µg (1.36%), Copper: 0.02mg (1.22%)