



## Spicy POPcorn

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons butter melted
- 0.3 teaspoon ground pepper
- 1 cup corn kernels
- 1 teaspoon cumin
- 0.5 teaspoon garlic powder
- 1 teaspoon salt
- 0.5 teaspoon paprika sweet
- 2 tablespoons vegetable oil

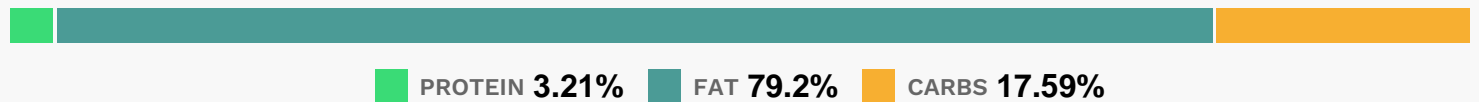
## Equipment

- frying pan
- pot

## Directions

- Heat oil in deep pot over medium high heat.
- Add corn. Cover pot and pop the corn, shaking pan often.
- Remove from heat.
- Drizzle with melted butter.
- Combine spices in a small dish and sprinkle the blend over hot corn.
- Serve.

## Nutrition Facts



## Properties

Glycemic Index:13.38, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:1.3600000003758%

## Nutrients (% of daily need)

Calories: 71kcal (3.55%), Fat: 6.57g (10.11%), Saturated Fat: 2.38g (14.85%), Carbohydrates: 3.28g (1.09%), Net Carbohydrates: 2.77g (1.01%), Sugar: 0.94g (1.05%), Cholesterol: 7.53mg (2.51%), Sodium: 355.85mg (15.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Vitamin K: 6.66µg (6.35%), Vitamin A: 187.44IU (3.75%), Vitamin E: 0.44mg (2.95%), Fiber: 0.51g (2.06%), Folate: 7.93µg (1.98%), Manganese: 0.04mg (1.88%), Iron: 0.27mg (1.48%), Vitamin B2: 0.02mg (1.33%), Phosphorus: 12.87mg (1.29%), Vitamin B3: 0.24mg (1.19%), Potassium: 38.78mg (1.11%), Magnesium: 4.12mg (1.03%)