



Spicy Popcorn with Piment D'Espelette and Marcona Almonds



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup almonds whole
- ☐ 1 teaspoon paprika hot divided
- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 0.5 cup popcorn kernels
- ☐ 1 teaspoon salt divided
- ☐ 6 tablespoons butter unsalted ()

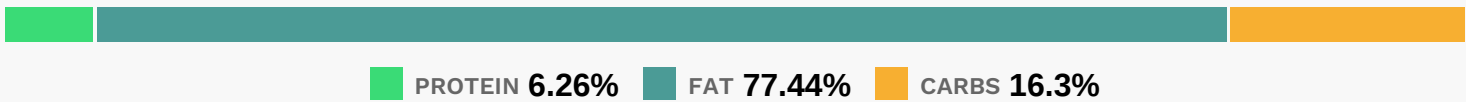
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ oven mitt

Directions

- ☐ Mix 1/2 teaspoon piment d'Espelette and 1/2 teaspoon salt in small bowl and reserve.
- ☐ Melt butter in small saucepan over medium heat.
- ☐ Remove from heat; stir in remaining 1/2 teaspoon piment d'Espelette and 1/2 teaspoon salt.
- ☐ Combine popcorn kernels and peanut oil in large deep pot with lid.
- ☐ Heat over medium-high heat, occasionally swirling pot so that popcorn kernels are coated with oil. Cover pot. When popcorn kernels start popping, rotate pot over burner until all kernels have popped.
- ☐ Remove popcorn from heat. Immediately add melted butter mixture and Marcona almonds to pot. Cover pot. Using oven mitts, firmly hold pot and lid together and shake until popcorn and Marcona almonds are well coated with melted butter mixture.
- ☐ Transfer popcorn mixture to serving bowl.
- ☐ Sprinkle with reserved piment d'Espelette-salt mixture and serve.
- ☐ * Tender Spanish almonds that are usually sold roasted and salted; available at some supermarkets and at specialty foods stores and natural foods stores and online from latienda.com.
- ☐ Piment d'Espelette is a coarse chili powder made from the
- ☐ Espelette pepper. It's available at specialty foods stores and from zingermans.com.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 3.13, Glycemic Load: 0.13, Inflammation Score: -4, Nutrition Score: 6.4382609673168%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 251.72kcal (12.59%), Fat: 22.43g (34.51%), Saturated Fat: 7.11g (44.47%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 7.56g (2.75%), Sugar: 0.71g (0.79%), Cholesterol: 22.58mg (7.53%), Sodium: 292.86mg (12.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Vitamin E: 4.83mg (32.22%), Manganese: 0.41mg (20.51%), Magnesium: 49.47mg (12.37%), Fiber: 3.06g (12.26%), Phosphorus: 98.44mg (9.84%), Vitamin B2: 0.16mg (9.66%), Copper: 0.17mg (8.26%), Vitamin A: 385.66IU (7.71%), Iron: 0.87mg (4.82%), Zinc: 0.72mg (4.81%), Vitamin B1: 0.06mg (4.09%), Calcium: 39.85mg (3.98%), Potassium: 134.63mg (3.85%), Vitamin B3: 0.68mg (3.39%), Folate: 12.69µg (3.17%), Vitamin B6: 0.05mg (2.68%), Vitamin B5: 0.12mg (1.21%), Vitamin D: 0.16µg (1.05%)