



Spicy Popped Sorghum



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



224 kcal

Ingredients



1 tablespoon chili oil or as needed



1 serving salt to taste



2 tablespoons popping sorghum

Equipment

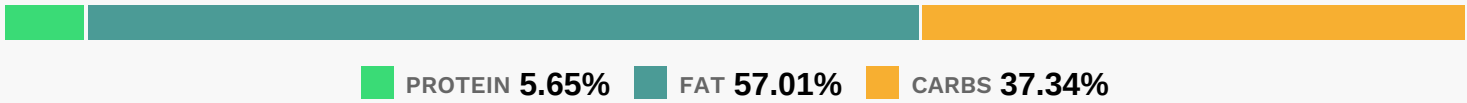


pot

Directions

Heat chili oil in a pot over medium heat; add sorghum and cover pot. Cook, shaking constantly, until the majority of sorghum is popped, about 5 minutes. Season with salt.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:2.6260869156407%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 224.01kcal (11.2%), Fat: 14.98g (23.04%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 22.07g (7.36%), Net Carbohydrates: 20.21g (7.35%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 195.84mg (8.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin E: 2.02mg (13.44%), Phosphorus: 84.88mg (8.49%), Vitamin K: 8.43µg (8.03%), Iron: 1.38mg (7.67%), Fiber: 1.86g (7.45%), Vitamin B1: 0.07mg (4.67%), Vitamin B3: 0.87mg (4.33%), Potassium: 103.69mg (2.96%), Vitamin B2: 0.04mg (2.47%)