



Spicy Sweet Stovetop Popcorn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons agave nectar
- 2 tablespoons coconut oil
- 2 tablespoons chipotle chile dried
- 0.5 cup popcorn kernels

Equipment

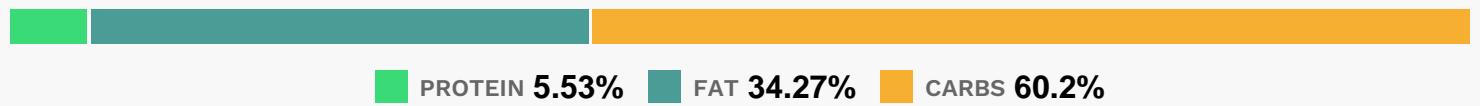
- bowl
- frying pan
- sauce pan

pot

Directions

- Heat the coconut oil, agave nectar, and chipotle powder in a large saucepan or soup pot over medium-high heat. Once the mixture starts to form tiny bubbles, pour in the popcorn, and use a fork to stir it around to coat the kernels.
- Place the lid on the pan. When the corn starts to pop, shake the pan constantly until the popping stops.
- Remove from heat, and pour popped corn into a large bowl.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:1.81, Inflammation Score:-1, Nutrition Score:3.5308695694675%

Nutrients (% of daily need)

Calories: 208.33kcal (10.42%), Fat: 8.21g (12.63%), Saturated Fat: 6.01g (37.57%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 27.69g (10.07%), Sugar: 13.96g (15.51%), Cholesterol: 0mg (0%), Sodium: 8.42mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Fiber: 4.75g (18.99%), Manganese: 0.2mg (9.91%), Magnesium: 25.37mg (6.34%), Phosphorus: 61.45mg (6.15%), Vitamin B1: 0.08mg (5.61%), Vitamin B6: 0.1mg (4.79%), Folate: 17.43µg (4.36%), Zinc: 0.57mg (3.78%), Iron: 0.64mg (3.56%), Vitamin K: 3.59µg (3.42%), Vitamin C: 2.68mg (3.25%), Copper: 0.05mg (2.41%), Vitamin B3: 0.44mg (2.18%), Vitamin B2: 0.04mg (2.1%), Potassium: 56.8mg (1.62%), Vitamin E: 0.21mg (1.42%)