



# Sweet and Spicy Popcorn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 Dash ground pepper
- 1 teaspoon chili powder
- 0.5 teaspoon ground cinnamon
- 6 cups popped popcorn plain
- 0.3 teaspoon salt
- 1 tablespoon sugar

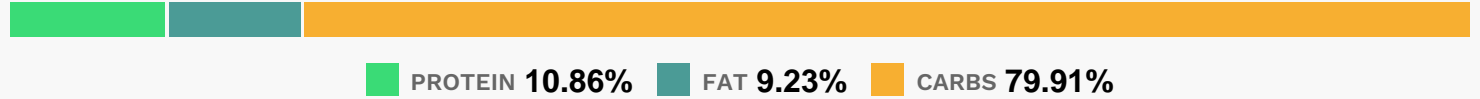
## Equipment

- ziploc bags

## Directions

- In a large resealable plastic bag, combine the sugar, chili powder, cinnamon, salt and cayenne pepper.
- Add popcorn. Spray popcorn with cooking spray. Seal bag and shake to coat.

## Nutrition Facts



## Properties

Glycemic Index:28.9, Glycemic Load:6.03, Inflammation Score:-2, Nutrition Score:1.8008695512848%

## Nutrients (% of daily need)

Calories: 51.67kcal (2.58%), Fat: 0.56g (0.86%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 9.07g (3.3%), Sugar: 2.12g (2.36%), Cholesterol: 0mg (0%), Sodium: 103.28mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.95%), Manganese: 0.16mg (7.89%), Fiber: 1.8g (7.22%), Magnesium: 16.46mg (4.12%), Phosphorus: 40.54mg (4.05%), Vitamin A: 127.82IU (2.56%), Zinc: 0.36mg (2.38%), Iron: 0.43mg (2.36%), Copper: 0.03mg (1.65%), Vitamin B3: 0.3mg (1.48%), Vitamin B6: 0.02mg (1.25%), Potassium: 43.8mg (1.25%), Vitamin E: 0.17mg (1.12%)