



Sweet and Spicy Popcorn

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



341 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons canola oil
- 0.3 teaspoon ground pepper
- 0.3 cup plus light
- 0.5 cup popcorn kernels
- 1 cup pumpkin seeds salted (pumpkin seeds)
- 0.3 teaspoon salt
- 1 cup sugar
- 8 tablespoons butter unsalted cut into pieces (1 stick)

Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack
- pot
- wooden spoon

Directions

- Preheat oven to 250F. Mist 2 large, rimmed baking sheets with cooking spray.
- In a large, heavy-bottomed pot, warm oil over medium heat.
- Add 3 popcorn kernels and cover until they pop.
- Add remaining kernels, cover and shake pan continuously over burner until popcorn is completely popped, 2 to 4 minutes.
- Transfer popcorn to a large bowl, discarding any unpopped kernels. Toss pepitas into bowl with popcorn.
- In a medium pot over medium heat, combine butter, sugar and corn syrup. Cook, stirring occasionally, until sugar has dissolved. Increase heat to medium-high and cook, stirring, until mixture turns golden brown, about 5 minutes.
- Remove from heat and quickly stir in salt and cayenne with a wooden spoon.
- Pour over popcorn mixture and toss to coat evenly.
- Divide popcorn mixture between baking sheets.
- Bake for 30 to 35 minutes, stirring occasionally.
- Let cool on baking sheets on a wire rack until cool enough to break into small chunks.

Nutrition Facts



PROTEIN 4.12% **FAT 49.03%** **CARBS 46.85%**

Properties

Glycemic Index:16.39, Glycemic Load:19.05, Inflammation Score:-4, Nutrition Score:5.1791303915822%

Nutrients (% of daily need)

Calories: 341.08kcal (17.05%), Fat: 19.33g (29.74%), Saturated Fat: 8.21g (51.31%), Carbohydrates: 41.57g (13.86%), Net Carbohydrates: 39.77g (14.46%), Sugar: 33.35g (37.06%), Cholesterol: 30.1mg (10.03%), Sodium: 82.36mg (3.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Manganese: 0.47mg (23.26%), Magnesium: 60.45mg (15.11%), Phosphorus: 132.83mg (13.28%), Vitamin E: 1.16mg (7.71%), Vitamin A: 377.15IU (7.54%), Fiber: 1.8g (7.2%), Copper: 0.14mg (6.75%), Zinc: 0.97mg (6.47%), Iron: 1.04mg (5.77%), Vitamin B1: 0.06mg (4.1%), Vitamin K: 4.11µg (3.91%), Vitamin B3: 0.57mg (2.87%), Folate: 11.48µg (2.87%), Potassium: 98.05mg (2.8%), Vitamin B6: 0.04mg (2.15%), Selenium: 1.12µg (1.6%), Vitamin B2: 0.03mg (1.6%), Vitamin D: 0.21µg (1.4%), Vitamin B5: 0.12mg (1.16%)