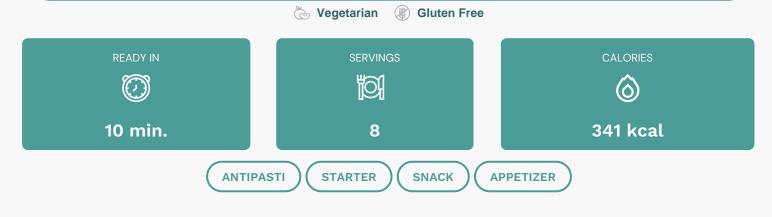


Sweet and Spicy Popcorn



Ingredients

2 tablespoons canola oil
O.3 teaspoon ground pepper
O.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: Og (100%), Alcohol %: O% (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%)