



## Sweet Sesame Five-Spice Popcorn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon five spice powder
- 0.5 cup corn kernels
- 1 teaspoon salt
- 1 tablespoon sesame seed toasted
- 0.3 cup sugar
- 0.3 cup vegetable oil

### Equipment

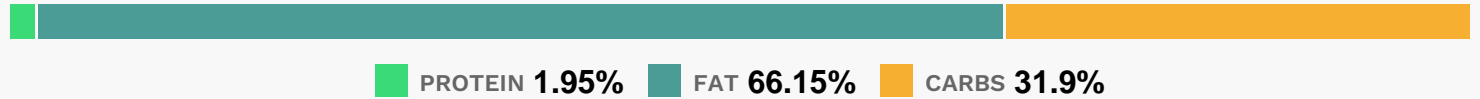
- bowl

pot

## Directions

Place popcorn, sugar, oil, five spice powder and salt in a large kettle or pot with a tight fitting lid over medium heat. When corn begins to pop, shake the pot constantly. When popping slows, remove from heat, sprinkle with sesame seeds and transfer popped kettle corn to a bowl.

## Nutrition Facts



## Properties

Glycemic Index:18.35, Glycemic Load:5.88, Inflammation Score:-1, Nutrition Score:2.0878260777048%

## Nutrients (% of daily need)

Calories: 131.42kcal (6.57%), Fat: 10.05g (15.45%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 10.37g (3.77%), Sugar: 8.93g (9.92%), Cholesterol: 0mg (0%), Sodium: 415.93mg (18.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Vitamin K: 16.7µg (15.91%), Vitamin E: 0.76mg (5.06%), Copper: 0.07mg (3.29%), Manganese: 0.06mg (3.25%), Iron: 0.49mg (2.7%), Fiber: 0.53g (2.11%), Magnesium: 7.6mg (1.9%), Calcium: 18.04mg (1.8%), Phosphorus: 17.61mg (1.76%), Folate: 6.42µg (1.6%), Zinc: 0.18mg (1.23%), Vitamin B1: 0.02mg (1.19%), Vitamin B2: 0.02mg (1.12%), Vitamin B3: 0.22mg (1.09%)