



Togarashi Popcorn



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 garlic clove minced
- ☐ 0.3 cup popcorn kernels
- ☐ 1 teaspoon sesame oil toasted
- ☐ 1 teaspoon shichimi togarashi
- ☐ 0.3 cup butter unsalted ()
- ☐ 2 tablespoons vegetable oil

Equipment

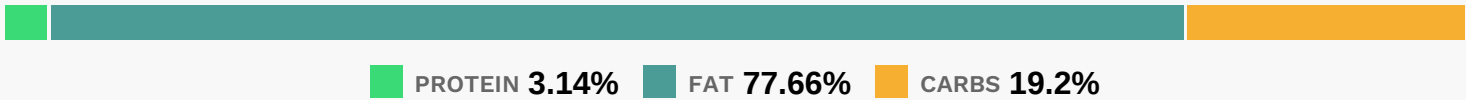
- ☐ bowl

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Melt butter in a small saucepan overmedium heat.
- ☐ Add garlic; stir 1 minute.
- ☐ Remove from heat. Cover; keep warm.
- ☐ Heat kernels and both oils in a largecovered pot over medium-high heat; cookuntil almost all kernels have popped.
- ☐ Transfer popcorn to a large bowl.
- ☐ Drizzle garlic butter over popcorn; tossto coat.
- ☐ Sprinkle togarashi over; toss again.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:1.8400000275477%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 113.34kcal (5.67%), Fat: 9.99g (15.37%), Saturated Fat: 4.28g (26.78%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 4.58g (1.67%), Sugar: 0.1g (0.11%), Cholesterol: 15.25mg (5.08%), Sodium: 5.55mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin K: 7.1µg (6.76%), Vitamin A: 251.5IU (5.03%), Manganese: 0.09mg (4.46%), Fiber: 0.98g (3.91%), Vitamin E: 0.56mg (3.75%), Phosphorus: 24.61mg (2.46%), Magnesium: 9.2mg (2.3%), Vitamin B6: 0.04mg (1.95%), Vitamin B1: 0.02mg (1.66%), Iron: 0.27mg (1.51%), Zinc: 0.22mg (1.45%), Folate: 4.55µg (1.14%), Copper: 0.02mg (1.13%)