



Truffle Butter, Parmesan and Thyme Popcorn | A Popcorn and Champagne Pairing

 **Gluten Free**  **Popular**

READY IN



10 min.

SERVINGS



4

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 2 Tablespoons butter black
- ☐ 2 Tablespoons coconut oil or any oil that can withstand high heat)
- ☐ 5 sprigs thyme sprigs fresh (remove leaves from the stems)
- ☐ 0.3 cup parmesan cheese finely grated
- ☐ 0.5 cup popcorn kernels
- ☐ 4 servings sea salt to taste fine

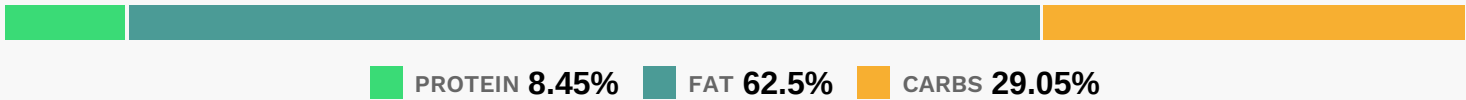
Equipment

☐ pot

Directions

- ☐ Heat oil over medium heat with 2 or 3 popcorn kernels. When the kernels start to pop, remove from heat.
- ☐ Add the remaining popcorn kernels and cover.
- ☐ Place back over heat and cook, covered, leaving the lid slightly ajar (this is so water vapor can escape) while occasionally shaking the pot, until popping slows. Continue shaking until most kernels have popped and you can't hear them moving against the bottom of the pot which should take about 3 to 5 minutes.
- ☐ Remove from heat and drizzle with the thyme truffle butter, grated Parmesan cheese and sea salt.
- ☐ Put the lid back on and shake, shake, shake to mix the popcorn and get it thoroughly coated.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.07, Inflammation Score:-8, Nutrition Score:4.4013043240361%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg

Nutrients (% of daily need)

Calories: 221.72kcal (11.09%), Fat: 15.85g (24.39%), Saturated Fat: 10.8g (67.51%), Carbohydrates: 16.57g (5.52%), Net Carbohydrates: 13.79g (5.02%), Sugar: 0.2g (0.22%), Cholesterol: 22.3mg (7.43%), Sodium: 386.18mg (16.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.65%), Phosphorus: 117.13mg (11.71%), Manganese: 0.23mg (11.32%), Fiber: 2.78g (11.11%), Calcium: 81.62mg (8.16%), Magnesium: 30.28mg (7.57%), Zinc: 0.96mg (6.37%), Vitamin A: 306.4IU (6.13%), Iron: 0.89mg (4.92%), Vitamin B1: 0.07mg (4.55%), Selenium: 2.99µg (4.27%), Vitamin B6: 0.07mg (3.52%), Folate: 13.98µg (3.5%), Copper: 0.06mg (2.86%), Vitamin B2: 0.05mg (2.74%), Vitamin C: 2mg (2.43%), Potassium: 80.84mg (2.31%), Vitamin B12: 0.12µg (2.07%), Vitamin B3: 0.36mg (1.8%), Vitamin E: 0.26mg (1.76%), Vitamin B5: 0.12mg (1.21%)