



Vegan Sweet and Spicy Popcorn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon ancho chili powder
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 16 cups air-popped popcorn
- ☐ 2 teaspoons salt
- ☐ 0.5 teaspoon paprika smoked

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2 tablespoons sugar (for strict vegan, be sure to check your source)

Equipment

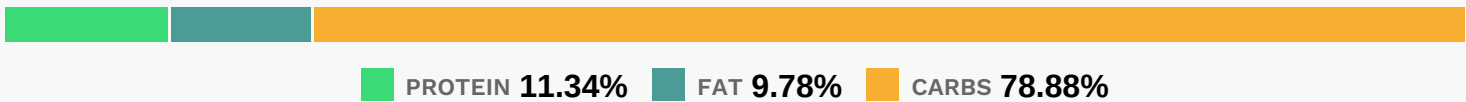
☐

bowl

Directions

- ☐ For the seasoning mix, stir all of the spices together in a small container with airtight lid.
- ☐ Place the popcorn in a serving bowl and spray lightly with cooking spray or drizzle with the coconut oil and toss to evenly coat.
- ☐ Sprinkle about 1 teaspoon of the seasoning mix over popcorn and toss to distribute evenly.
- ☐ Sprinkle on more, to taste, if desired.Store leftover seasoning mix for future use.

Nutrition Facts



Properties

Glycemic Index:48.36, Glycemic Load:22.72, Inflammation Score:-5, Nutrition Score:6.8278260438339%

Nutrients (% of daily need)

Calories: 198.56kcal (9.93%), Fat: 2.27g (3.49%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 41.16g (13.72%), Net Carbohydrates: 34.27g (12.46%), Sugar: 6.46g (7.17%), Cholesterol: 0mg (0%), Sodium: 1175.62mg (51.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Manganese: 0.57mg (28.47%), Fiber: 6.9g (27.58%), Magnesium: 67.07mg (16.77%), Phosphorus: 163.15mg (16.32%), Iron: 1.93mg (10.74%), Zinc: 1.43mg (9.51%), Vitamin A: 390.72IU (7.81%), Copper: 0.13mg (6.5%), Vitamin B3: 1.13mg (5.66%), Potassium: 173.43mg (4.96%), Vitamin B6: 0.09mg (4.45%), Folate: 14.03µg (3.51%), Vitamin B1: 0.05mg (3.44%), Vitamin E: 0.43mg (2.88%), Vitamin B2: 0.05mg (2.83%), Vitamin B5: 0.24mg (2.36%), Calcium: 14.22mg (1.42%), Vitamin K: 1.41µg (1.35%)