



Make-Your-Own Popcorn

Popcorn can be a delicious, healthy, whole grain snack as long as you limit the butter and salt. Try these tasty ideas for seasoning your popcorn instead of using fats and salt.

U.S.		Metric
1/4 cup	Popcorn Kernels, un-popped	56 g
1 Tbsp	Salt-free Seasoning	14 g
1 Tbsp	Olive Oil	15 mL
1/4 tsp	Salt, Kosher	1.5 g

Seasoning Recommendations:

- * Garlic powder, onion powder, dried oregano, and 1 Tbsp of grated parmesan cheese.
- * Dried oregano, paprika, garlic powder, cayenne, and onion powder for creole flavored popcorn.
- * Cinnamon and nutmeg will make a sweeter seasoning variation.

Preparation:

1. Gather all ingredients and equipment.
2. Place the popcorn kernels in a brown paper bag and fold the top tight, then place in the microwave for 2 minutes or until the popcorn kernels stop popping.
3. Pour popped popcorn into bowl. Combine popcorn with 1 tbsp of oil, your choice of salt free seasonings, and 1/4 tsp of salt.
4. Mix well and enjoy!

Nutrition Facts

8 Servings

Serving size **1 cup**

Amount per serving

Calories **45**

Total Fat	2 q
Saturated Fat	0 q
Trans Fat	0 q
Monounsaturated Fat	1 q
Cholesterol	0 mg
Sodium	75 mg
Total Carbohydrate	6 q
Dietary Fiber	1 q
Total Sugars	0 q
Includes 0g Added Sugars	
Protein	1 q
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	21 mg
Phosphorus	20 mg
