



Make-Your-Own Popcorn (Large Font)

Popcorn can be a delicious, healthy whole grain snack if you are mindful of the toppings that you add.

U.S.

1/4 cup	Popcorn Kernels, unpopped
1 Tbsp	Salt-Free Seasoning
1 Tbsp	Olive Oil
1/4 tsp	Kosher Salt

Metric

55 g
15 g
15 mL
1.5 g

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 ½ minutes until the popcorn kernels stop popping
3. Pour popped popcorn into bowl. Combining 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

4 Servings

Serving size **1 cup**

Amount per serving

Calories **90**

Calories from Fat 40

Total Fat 4 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated 2 g

Cholesterol 0 mg

Sodium 150 mg

Total Carbohydrate 12 g

 Dietary Fiber 2 g

 Total Sugars 0 g

 Includes 0g Added Sugars

Protein 2 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 0 mg

Phosphorus 0 mg
