

SPICY ITALIAN POPCORN

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 10 (Serving= 1 cup)

Nutrition (per serving)

Calories: 85

Total Fat: 6.5 g

Saturated Fat: 0.5 g

Sodium: 135 mg

Total Carbohydrate: 6.5 g

Dietary Fiber: 1 g

Protein: 1 g



Ingredients

- ½ cup popcorn kernels
- 1/8 teaspoon plus ¼ cup canola oil
- 1 Tablespoon dried oregano
- 1 Tablespoon dried basil
- ½ teaspoon ground thyme
- ½ teaspoon ground cayenne pepper
- 2 Tablespoons grated Parmesan cheese
- ½ teaspoon salt



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Directions

1. Measure out $\frac{1}{4}$ cup kernels, and gently coat them in $\frac{1}{8}$ teaspoon of canola oil in a small bowl.
2. Place the coated popcorn kernels in a brown paper bag. Fold the top of the bag three times and seal tightly.
3. Place the bag in the microwave for 1 minute 30 seconds. Remove bag, open top and shake well. Seal bag again tightly and microwave and additional 1 minute 15 seconds. Repeat with the other $\frac{1}{4}$ cup of kernels.
4. While the kernels are popping, in a large bowl mix together $\frac{1}{4}$ cup oil with the rest of the ingredients.
5. Add the popcorn into the bowl, and toss well with the flavorings until fully coated.