BARBEQUE POPCORN

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

Serves: 10 (Serving= 1 cup)

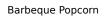
Nutrition (per serving)

Calories: 86Total Carbohydrate:Total Fat: 6 gDiætgary Fiber: 1 gSaturated Fat: 0.5 gProtein: 1 gSodium: 117 mg

Ingredients

- 1/2 cup popcorn kernels
- 1/8 teaspoon plus ¹/₄ cup canola oil
- 1 Tablespoon brown sugar
- 2 teaspoons chili powder

- ¹/₂ teaspoon smoked paprika
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon onion powder
- ½ teaspoon salt





Directions

1. Measure out ¹/₄ cup kernels, and gently coat them in 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 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.

