

Chili Popcorn

Makes: 4 servings

Make your own savory popcorn featuring chili and garlic flavors. Popcorn is one way to add whole grains and fiber into your diet.

Ingredients

4 cups popped corn

1 tablespoon margarine (melted)

1 teaspoon chili powder

1/8 teaspoon garlic powder (dash)

Directions

1. Mix popcorn and margarine in a bowl.
2. Mix seasonings thoroughly and sprinkle over popcorn. Mix well.
3. Serve immediately and enjoy with family and friends.

Source: USDA, Food and Nutrition Service (FNS), Eat Smart. Play Hard.™

Nutrition Information

Nutrients	Amount
Calories	60
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	0
Sodium	35 mg
Total Carbohydrate	7 g
Dietary Fiber	1 g
Total Sugars	0
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	