

BBQ Blast Popcorn

Serves 8



Ingredients:

For the seasoning mix:

- 1 Tablespoon smoked paprika
- 1 ½ teaspoons brown sugar
- ¾ teaspoon garlic powder
- ¾ teaspoons onion powder
- ¼ teaspoon dried parsley
- ¼ teaspoon salt
- Pinch of cayenne

For the popcorn:

- Heaping ½ cup popcorn
- 1 Tablespoon canola oil
- 2 teaspoons (or more) olive oil, to drizzle

Instructions:

1. In a small bowl, combine the ingredients for the seasoning and stir to combine.
2. Add vegetable oil to a large skillet or pot with a tight-fitting lid and three popcorn kernels. Put the lid on and turn the heat to medium high. Once the three kernels pop, carefully add the rest of the popcorn kernels. With the lid on, shake the skillet or pot from side to side to make sure the kernels are evenly distributed in the oil.
3. Continue to gently shake as it pops. Once the popping slows down to about 5 seconds between pops, turn the heat off.
4. Once the popcorn has stopped popping, remove the lid. Put the popcorn into a bowl and drizzle olive oil evenly on top, gently tossing or stirring to coat each kernel. Sprinkle the spice mixture as you stir, so that each kernel gets a touch of seasoning. Leftover spices can be stored in sealed containers and used, as desired.
5. Enjoy by the handful!

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Nutrition Facts		
Serving Size	1 × 8 Serving	
Amount Per Serving		
Calories	72.8	
	% Daily Value*	
Total Fat	3.4 g	4 %
Saturated Fat	0.3 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	77.9 mg	3 %
Total Carbohydrate	11.6 g	4 %
Dietary Fiber	2.2 g	8 %
Total Sugars	0.9 g	
Added Sugars	0.8 g	2 %
Protein	1.5 g	
Vitamin D	0 mcg	0 %
Calcium	2.1 mg	0 %
Iron	0.4 mg	2 %
Potassium	8.5 mg	0 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>