

# BBQ POPCORN

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

Serves: 8 (Serving= 1 cup)

## Nutrition (per serving)

Calories: 90

Total Fat: 7 g

Saturated Fat: 0 g

Sodium: 95 mg

Total Carbohydrate: 7.5 g

Dietary Fiber: 1 g

Total Sugars: 2 g

Added Sugars: 2 g

Protein: 1 g

PREP TIME: 2 min

COOK TIME: 3 min

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**TOTAL TIME: 5 min**



## Ingredients

- ¼ cup popcorn kernels, divided
- 1/8 teaspoon plus ¼ cup canola oil
- 1 Tablespoon brown sugar
- 2 teaspoons chili powder
- ½ teaspoon smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon salt



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## Directions

1. Combine 2 Tablespoons of popcorn kernels with 1/8 teaspoon of canola oil in a small bowl. Toss kernels to coat evenly with oil.
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 the bag, open the top and shake well. Seal the bag again tightly and microwave an additional 1 minute to 1 minute 15 seconds or until the popping slows down. Transfer to a large bowl.
4. Repeat #1-3 with the other 2 Tablespoons of kernels.
5. In a small bowl, mix ¼ cup oil with the rest of the ingredients. Drizzle over the popcorn a little at a time, tossing to coat in between each drizzle in order to coat evenly.



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