

Air Popped Popcorn

Serving Size: ½ of recipe

Serves: 2

Ingredients

¼ cup popcorn

¼ teaspoon popcorn salt

Spray butter flavor

Directions

Add the popcorn to your air popper.

Position a large mixing bowl to catch the dispensed popcorn.

As the corn pops and begins to dispense into your bowl, rotate the bowl and sprinkle with the salt and lightly spray with the butter flavor.

When the corn finishes popping serve immediately.

Exchanges per serving:

1 Starch

Nutrients per serving:

Calories: 75

Calories from fat: 10

Total Fat: 1g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 256mg

Carbohydrate: 18g

Dietary Fiber: 5g

Protein: 3g