Curry Popcorn

Source: Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD; recipe by Robyn Webb

This snack packs crunch and spice without the fat and salt found in your standard movie theater popcorn. For a sweet addition, enjoy some mango or another fruit!

About the Recipe

103 Calories · 3.5 g Protein · 5.2 g Fiber
Snack
Gluten-free · Nut-free

Curry powder is usually a combination of turmeric, cumin, coriander, fenugreek, and a variety of other spices—all known to contain antioxidants and provide health benefits like reduced inflammation.

Note: This does not make a good leftover as the liquid aminos add moisture to the popcorn. Adjust the recipe accordingly if the entire batch will not be eaten in one sitting.

Ingredients

Makes 4 Servings

- 1/2 c (97 g) popcorn kernels
- 2 tsp (10 mL) curry powder
- 4 sprays liquid aminos (i.e. Bragg)

Directions

1. Pop popcorn kernels in air popper. Transfer to a large bowl. Lightly spray with liquid aminos (i.e., Bragg), sprinkle with curry powder, and mix evenly.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 103
Fat: 1.5 g
- **Saturated Fat:** 0.2 g
- **Calories from Fat:** 1.7%

Cholesterol: 0 mg
Protein: 3.5 g
Carbohydrate: 20.4 g
Sugar: 0.3 g
Fiber: 5.2 g
Sodium: 7 mg
Calcium: 18 mg
Iron: 1.4 mg
Vitamin C: 0.2 g
Beta-Carotene: 22 mcg
Vitamin E: 0.9 mg