

# 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