



## April 28- Vanilla Corn

Smart Snack

Link: <http://www.extension.iastate.edu/foodsavings/recipes/flavored-popcorn>

### Recipe

#### Ingredients:

- 4 cups popped corn
- 1 Tablespoon melted butter
- 1/8 teaspoon salt (optional)
- 1/2 - 1 teaspoon vanilla extract

#### Directions:

1. To make flavored popcorn, start with freshly popped corn.
2. Stir 1/2 to 1 teaspoon vanilla extract into melted butter before tossing it with 4 cups salted popcorn. Then toss popcorn with the vanilla butter mixture.

Yield 4 servings

**Note:** For variations, check your spice shelf. You might enjoy peppermint extract, rum flavoring, or maple flavoring. The website also offers other flavored popcorn ideas.

### Nutrition Facts

Serving Size 1 cup (12.6g)  
Servings Per Container 4

#### Amount Per Serving

**Calories** 60      **Calories from Fat** 30

**% Daily Value\***

**Total Fat** 3g      **5%**

**Saturated Fat** 2g      **9%**

**Trans Fat** 0g

**Cholesterol** 10mg      **3%**

**Sodium** 25mg      **1%**

**Total Carbohydrate** 6g      **2%**

**Dietary Fiber** 1g      **5%**

**Sugars** 0g

**Protein** 1g      **2%**

Vitamin A 2%      •      Vitamin C 0%

Calcium 0%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.