



## February 21 - Southwest Popcorn Snack

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=19728>

### Recipe

*Ingredients:*

- 6 cups hot-air popped popcorn
- 2 cups toasted Cheerio cereal
- 2 Tablespoon margarine
- ½ teaspoon chili powder
- ¼ teaspoon cumin
- ¼ teaspoon garlic powder
- 2 Tablespoons grated parmesan cheese

*Directions*

1. Mix popcorn and cereal.
2. Heat margarine, chili powder, cumin and garlic powder in non-stick skillet over low heat, stirring occasionally, until margarine is melted.
3. Drizzle over popcorn mixture; toss.
4. Immediately sprinkle with cheese; toss. Serve warm.

Yields 8 servings

### Nutrition Facts

Serving Size 1 cup (18.6g)  
Servings Per Container 8

**Amount Per Serving**

**Calories** 90      **Calories from Fat** 35

**% Daily Value\***

**Total Fat** 4g      **6%**

Saturated Fat 1g      **4%**

Trans Fat 0.5g

**Cholesterol** 0mg      **0%**

**Sodium** 90mg      **4%**

**Total Carbohydrate** 11g      **4%**

Dietary Fiber 2g      **6%**

Sugars 2g

**Protein** 2g      **4%**

Vitamin A 6%      •      Vitamin C 2%

Calcium 4%      •      Iron 15%

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