



## January 22- Chili Popcorn

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/chili-popcorn>

### Recipe

*Ingredients:*

- 4 cups popped corn
- 1 tablespoon margarine (melted)
- 1 teaspoon chili powder
- 1 dash garlic powder

*Directions:*

1. Mix popcorn and margarine in a bowl.
2. Mix seasonings thoroughly and sprinkle over popcorn. Mix well.
3. Serve immediately and enjoy with family and friends.

Yield 4 servings

<b>Nutrition Facts</b>	
Serving Size 1 cup (12.95g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 60	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 1g	<b>6%</b>
Sugars 0g	
<b>Protein</b> 1g	<b>3%</b>
Vitamin A 6%	• Vitamin C 0%
Calcium 0%	• Iron 2%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	