



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.