



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

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