

Flavored Popcorn

Diabetes Friendly

Items Needed: Large soup pot or air popper, wooden spoon, mixing bowl.

Serves: 2

Ingredients:

- ¼ cup of popcorn kernels
- 2 tbsp butter
- Salt and pepper to taste
- Seasoning (you can use ranch, everything seasoning, zesty seasoning, nutritional yeast, buffalo seasoning, Cajun seasoning.) Use your imagination!

Directions:

1. You can cook the popcorn kernels on the stovetop with the neutral oil (this will up the fat content in the nutritional below.) or cut the oil out all together and use an air popper.
2. Melt 2 tbsp of butter in the microwave and add seasoning into warm butter, toss over the popcorn (you should have approximately 7 cups of popped popcorn.)
3. Enjoy!

Nutrition Information (per 3.5 cups):

Calories: 122 Fat: 12 g Carbs: 1.6 g Protein: 2.1 g Fiber: 0.9 g Sodium: 366 mg

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education>

