

Garlic Microwave Popcorn

Recipe Type: Snack

Serves: 1

Prep Time: 5 minutes

Cooking Time: 2 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

1 t garlic powder
1/8 t salt
1/4 C popcorn kernels
Brown paper bag
Cooking spray



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Mix the garlic powder and salt in a small bowl. Set it off to the side.
3. Pour the popcorn kernels into the brown paper bag.
4. Fold the top of the bag over 3 times to make sure it is closed.
5. Put the bag in the microwave on high for 2 minutes or until there is a 2 to 3 second pause between pops.
6. Pour the popcorn into a bowl. You can put any kernels back in the bag and cook them for 1 minute longer if they did not pop.
7. Lightly spray the popcorn with the cooking spray.
8. Pour the spice mixture over the popcorn and mix it in.
9. Enjoy!

Nutrition Facts

Serving Size 5 C

Amount Per Serving

Calories 20

Calories from Fat 0

%Daily Value*

Total Fat 0 g **0%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 290 mg **12%**

Total Carbohydrate 4 g **1%**

Dietary Fiber 1 g **4%**

Sugars 0 g

Protein 1 g

Vitamin A 0%

Iron 2%

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

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