

Parmesan 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:

¼ C popcorn kernels

Brown paper bag

Cooking oil spray

2 T Parmesan cheese

What to do:

1. Wash your hands.
2. Pour the popcorn kernels into the brown paper bag.
3. Fold the top of the bag over 3 times to make sure it is closed.
4. Put the bag in the microwave on high for 2 minutes or until there is a 2 to 3 second pause between pops.
5. 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.
6. Lightly spray the popcorn with the cooking spray.
7. Pour the Parmesan cheese over the popcorn and mix it in.
8. Enjoy!



This is a picture of 1 serving.

Contains: Milk

Nutrition Facts	
1 servings per container	
Serving size	5 Cups (64g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 190mg	8%
Total Carbohydrate 40g	15%
Dietary Fiber 8g	29%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 85mg	6%
Iron 1mg	6%
Potassium 18mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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