

Bombay Popcorn

Prep Time: 2 min

Cook Time: 3 min

Ingredients:

8 cup popped popcorn
3 tablespoon margarine
2 tablespoon curry powder
½ teaspoon kosher salt
½ teaspoon sugar

Directions:

1. Wash cooking surfaces, get ingredients and tools, and wash hands
2. Make popcorn according to package directions
3. Place popcorn in large bowl
4. Microwave margarine 20 seconds or until melted
5. Stir curry powder into butter until well blended
6. Slowly pour seasoned margarine in a very fine stream (drizzle) over popcorn and stir to distribute
7. Sprinkle with salt, sugar and optional ingredients
8. Toss (turn food over multiple times, gently mixing and coating ingredients) until blended

Makes: 8 cups

Serving size: 1 cup

Serves: 8

Nutrition Facts

Serving Size 1 cup
Servings Per Container 8

Amount Per Serving

Calories 70 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **4%**

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 7g **2%**

Dietary Fiber 1g **5%**

Sugars 0g

Protein 1g

Vitamin A 4% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Options & Tips:

- Add 1/2 cup toasted coconut, golden raisins or sliced almonds.

