

Oven Crunchy Parmesan Popcorn

This is a really good snack for those nights when your kids have sleep overs.

12 cups popcorn (hot & unsalted) (1/3 cup, non popped) 1/3 cup Parmesan cheese, grated
1/3 cup butter or margarine, melted

Procedure

1. In a very large mixing bowl, combine the hot, unsalted popcorn with the butter and Parmesan cheese. 2. Toss lightly until well coated. 3. Spread popcorn onto a baking sheet in a single layer. 4. Bake at 375° for 5-7 minutes of until golden brown, serve and enjoy.

Servings: 6

Yield: 2 cups per

Degree of Difficulty: Very easy

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (1.2 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 1500 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	150.62
Calories From Fat (91%)	136.77
% Daily Value	
Total Fat 8.99g	18%
Saturated Fat 2.64g	18%
Cholesterol 30.81mg	14%
Sodium 77.43mg	4%
Potassium 55.75mg	2%
Total Carbohydrates 12.62g	6%
Fiber 2.42g	13%
Protein 3.71g	10%

Recipe Type

Snack

This recipe was downloaded (free) from www.recipesworld.org

Feel free to pass it around to your friends.