U.S. Parmesan Popcorn

U.S. Parmesan Popcorn makes this cheese corn “pop” with flavor.

INGREDIENTS

(Serves 4-6)

- U.S. Parmesan, grated 160g
- Garlic Powder 2g
- Salt 4g
- Cayenne Pepper, ground 1g
- Vegetable Oil 45ml
- Corn Kernels 200g
- U.S. Butter, unsalted, melted 30g

NUTRITIONAL CONTENT

Per 100g

- Calories 457kcal
- Total Fat 27g
- Saturated Fat 10g
- Trans Fat 1g
- Cholesterol 46mg
- Total Carbohydrates 38g
- Dietary Fiber 7g
- Sugars 1g
- Protein 15g
- Calcium 314mg
- Magnesium 13mg
- Phosphorus 332mg
- Potassium 206mg
- Sodium 1013mg
- Iron 1mg
- Vitamin A 621IU
- Vitamin C 0mg

PREPARATION

1. Place parmesan, garlic powder, salt, and cayenne pepper in a food processor and pulse until powdery. Set aside.

2. In a popcorn popper or heavy-bottomed 4-liter pot, place oil and corn kernels over medium-high heat. Cover, leaving top slightly ajar. Shake pot after 30 seconds. As popping slows, remove from heat to avoid burning.

3. Place popped corn in a large bowl, drizzle butter over the top. Toss to coat. Shake parmesan mixture over the top, and toss to coat. Serve immediately.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

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