

U.S. Parmesan Popcorn

U.S. parmesan 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

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

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.