

Grains

# Organic Popcorn

Country of Origin: USA

Certified Organic

Pro-Cert

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## Nutrition Facts

### Valeur nutritive

Per 1/4 cup (50 g) / par 1/4 tasse (50 g)

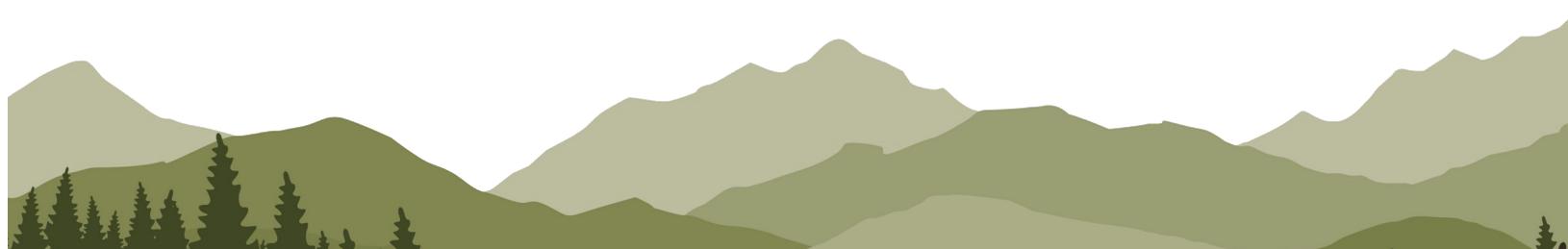
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 190	
<b>Fat / Lipides</b> 2 g	<b>3 %</b>
Saturated / saturés 0.4 g + Trans / trans 0 g	<b>2 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 4 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 37 g	<b>12 %</b>
Fibre / Fibres 6 g	<b>26 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	4 %

## Factoid:

Popped corn has an ancient past, being used ornamentally on Aztec ceremonial headdresses, and being made even before this by natives from Mexico (the Zapotec group) and Peru (the Moche group). The Aztec ceremony was to honour the god of fertility and rain.

## Ingredients:

Organic popcorn



**Recipe:**

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# Pizza Popcorn

## Ingredients:

2 1/2 quarts popped popcorn, salted

1/3 C butter

1/4 C Parmesan cheese

1/2 tsp garlic powder

1/2 tsp dried oregano

1/2 tsp dried basil

1/2 tsp onion powder

1/4 tsp salt

## Instructions:

1. Place popcorn in an ungreased 13 x 9 x 2-inch baking pan.
2. Melt butter in a small saucepan; add remaining ingredients. Pour over popcorn and mix well.
3. Bake uncovered at 350F for 15 minutes.

