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## Garlic Herb Popcorn ♦♦

Garlic Herb Popcorn is a delicious snack that is perfect for movie nights or parties. It is made with freshly popped popcorn, garlic powder, dried herbs, and a touch of olive oil. The garlic and herb flavors add a savory twist to the classic popcorn, making it a crowd-pleaser. This recipe is easy to make and can be enjoyed by both vegetarians and vegans.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** 5 mins

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

<b>100 g</b>	popcorn kernels
<b>1 tsp</b>	garlic powder
<b>1 tsp</b>	dried herbs (e.g., basil, oregano, thyme)
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	Salt

# Directions

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## Step 1

Stove

Heat the olive oil in a large pot over medium heat.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 2

Stove

Add the popcorn kernels to the pot and cover with a lid.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 3

Stove

Shake the pot occasionally to prevent the popcorn from burning.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 4

## Stove

Remove the pot from heat once the popping slows down.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

In a small bowl, mix together the garlic powder, dried herbs, and salt.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 6

Drizzle the olive oil over the popped popcorn and sprinkle the garlic herb mixture on top.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

Toss the popcorn gently to evenly coat it with the garlic herb mixture.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

Serve the Garlic Herb Popcorn immediately and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 4 g

**Protein:** 3 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	0 mg	0%	0%
Iron	6 mg	75%	33.33%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Course

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

### Meal Type

Snack

Supper

### Difficulty Level

Easy

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