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Plain Popcorn ♦♦

Plain popcorn is a classic snack that is enjoyed by people of all ages. It is made by popping corn kernels and can be seasoned with salt or other flavorings. It is a popular choice for movie nights, parties, and casual gatherings. This recipe will guide you on how to make delicious plain popcorn at home.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 5 mins

Total Time: 10 mins

Recipe Yield: 100 grams

Number of Servings: 4

Serving Size: 25 g

Ingredients

100 g	popcorn kernels
1 tsp	salt
2 tbsp	butter

Directions

Step 1

Stove

Heat a large pot or pan over medium heat.

Prep Time: 1 mins

Cook Time: 0 mins

Step 2

Stove

Add the butter to the pot and allow it to melt.

Prep Time: 1 mins

Cook Time: 1 mins

Step 3

Stove

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

Prep Time: 1 mins

Cook Time: 3 mins

Step 4

Stove

Shake the pot occasionally to prevent the popcorn from burning.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Once the popping slows down, remove the pot from the heat and let it sit for a minute to allow any remaining kernels to pop.

Prep Time: 0 mins

Cook Time: 1 mins

Step 6

Carefully remove the lid and transfer the popcorn to a large bowl.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Sprinkle salt over the popcorn and toss to coat evenly.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 106 kcal

Fat: 6 g

Protein: 1 g

Carbohydrates: 11 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	11 g	20%	22%
Fibers	2 g	5.26%	8%
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	2 g	9.09%	11.76%
Fat	6 g	21.43%	24%
Cholesterol	8 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	190 mg	8.26%	8.26%
Calcium	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	1 mg	12.5%	5.56%
Potassium	30 mg	0.88%	1.15%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Course

Snacks

Events

Picnic

Cooking Method

Frying

Boiling

Cut

Serving

Meal Type

Snack

Supper

Difficulty Level

Easy

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