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Truffle Popcorn ♦♦

Truffle popcorn is a delicious and flavorful snack that combines the earthy taste of truffles with the crunchiness of popcorn. It can be enjoyed as a quick and easy snack or served as an appetizer at parties.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

100 g	popcorn kernels
2 tsp	truffle oil
1 tsp	Salt
20 g	Parmesan Cheese
10 g	fresh parsley

Directions

Step 1

Microwaving

Pop the popcorn kernels according to the package instructions.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Drizzle the truffle oil over the popcorn and toss to coat evenly.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Sprinkle salt over the popcorn and toss to combine.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Grating

Grate Parmesan cheese over the popcorn and toss to distribute.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Garnish with fresh parsley and serve immediately.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 2 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	2 g	11.76%	11.76%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
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	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	50 mg	1.47%	1.92%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Barbecue

Course

Appetizers

Snacks

Cultural

Halloween

Diet

Anti-Inflammatory Diet

Cooking Method

Microwaving

Blanching

Roasting

Serving

Cooking

None

Healthy For

Gastroesophageal reflux disease (GERD)

Meal Type

Snack

Supper

Difficulty Level

Medium

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