



Healthdor

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## Nacho Cheddar Popcorn ♦

Nacho Cheddar Popcorn is a delicious snack that combines the flavors of nacho cheese and popcorn. It is a popular choice for movie nights, parties, and game days. The popcorn is coated with a savory nacho cheese seasoning, giving it a bold and cheesy taste. It is a crowd-pleasing snack that is easy to make and perfect for sharing with friends and family.

**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
50 g	cheddar cheese powder
10 g	nacho seasoning
5 g	Salt

20 g Butter

## Directions

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### Step 1

Microwaving

Pop the popcorn kernels using a popcorn maker or stovetop method.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Microwaving

Melt the butter in a microwave-safe bowl.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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### Step 3

Mixing

In a separate bowl, combine the cheddar cheese powder, nacho seasoning, and salt.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

Pour the melted butter over the popcorn and toss to coat evenly.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

Sprinkle the cheese and seasoning mixture over the coated popcorn and toss again to evenly distribute the flavors.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 6

Serve immediately or store in an airtight container for later enjoyment.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 500 kcal

**Fat: 20 g**

**Protein: 10 g**

**Carbohydrates: 60 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	5 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	20 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	200 mg	20%	20%
Iron	2 mg	25%	11.11%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Course

Snacks

Salads

Drinks

### Events

Game Day

### Diet

Anti-Inflammatory Diet

### Cultural

Chinese New Year

Cinco de Mayo

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

### Demographics

Kids Friendly

Senior Friendly

Teen Friendly

### Meal Type

Snack

Lunch

**Difficulty Level**

Medium

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