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## Crack Corn ♦♦

Crack Corn is a delicious snack made from corn kernels that have been cooked and seasoned. It is a popular snack in many countries and is often enjoyed during parties or as a quick and tasty snack. The corn kernels are cooked until they become crispy and crunchy, and then seasoned with a variety of spices and flavors. The result is a delicious and addictive snack that is perfect for any occasion.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 5

**Serving Size:** 100 g

### Ingredients

<b>500 g</b>	corn kernels
<b>2 tsp</b>	salt
<b>1 tsp</b>	pepper
<b>1 tsp</b>	paprika

<b>1 tsp</b>	garlic powder
<b>1 tsp</b>	onion powder
<b>2 tbsp</b>	olive oil

## Directions

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### Step 1

#### Preheating

Preheat the oven to 375°F.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a large bowl, combine the corn kernels, olive oil, salt, pepper, paprika, garlic powder, and onion powder. Mix well to coat the corn kernels evenly.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Baking

Spread the seasoned corn kernels in a single layer on a baking sheet.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 4

**Baking**

Bake in the preheated oven for 20 minutes, or until the corn kernels are crispy and golden brown.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 5

**Cooling**

Remove from the oven and let cool before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 4 g

**Protein: 3 g**

**Carbohydrates: 25 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)
Carbohydrates	25 g	45.45%	50%
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

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

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
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	0 mg	0%	0%
Iron	2 mg	25%	11.11%
Potassium	100 mg	2.94%	3.85%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Snack Supper

### Difficulty Level

Easy

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