

Eat Smart • Move More

Herbed Popcorn & Pretzels

Prep Time: 10 minutes

Total Time: 10 minutes



Ingredients

- 2 bags 94% fat-free microwave popcorn, popped
- 5 cups unsalted pretzel twists
- 1 tablespoon dried parsley
- 1 teaspoon garlic powder
- 1 teaspoon ground black pepper
- ½ teaspoon onion powder
- ¼ teaspoon dried thyme
- Nonstick cooking spray

Directions

- In a mixing bowl, toss popcorn and pretzels together.
- In a separate mixing bowl, combine all spices together.
- Spritz the popcorn and pretzel mixture with nonstick cooking spray. Sprinkle half the seasoning over the mixture and shake bowl to distribute. Spritz popcorn and pretzels with nonstick cooking spray again. Sprinkle with remaining seasoning and shake bowl to distribute.

Nutrition Facts

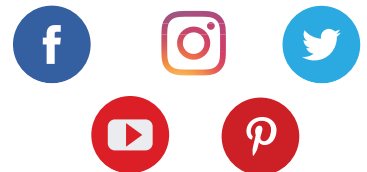
15 servings per container	
Serving size	1 serving
	(25.78g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes g of Added Sugars	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 1mg	4%
Potassium 36mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Whole grain foods contain many essential nutrients and vitamins, such as B Vitamins and fiber.
- ▶ Make half of your grains whole!
- ▶ For tips on how to make half of your grains whole, visit www.choosemyplate.gov.

Follow us | Like us



www.eatsmartmovemoreva.org

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

Virginia Cooperative Extension
Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

(Recipe from: Recipe from <http://district.schoolnutritionandfitness.com>.)

www.eatsmartmovemoreva.org