

# Cheesy Popcorn

## Ingredients:

**Serves 8**

½ cup popcorn kernels  
3 Tbs low fat margarine  
⅓ cup nutritional yeast



\*SOY FREE



\*VEGAN



\*GLUTEN-FREE



## Directions:

1. In a large pot with a lid over medium heat add the popcorn kernels.
2. Shake the kernels frequently so that they don't burn on the bottom.
3. When the kernels start to pop place the lid on the pot, partially off center to allow some steam to escape.
4. Once the popping slows down, transfer the popcorn to a large bowl.
5. Drizzle the margarine over the popcorn and sprinkle with the nutritional yeast. Give the popcorn a good shake to coat evenly.  
Enjoy!

## Nutrition Facts

8 servings per container

**Serving size** 1 cup

**Amount per serving**

**Calories** 80

% Daily Value\*

**Total Fat** 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 55mg 2%

**Total Carbohydrate** 11g 4%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 5g

Vitamin D 0.7mcg 4%

Calcium 0mg 0%

Iron 0.7mg 4%

Potassium 110mg 2%

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