



Herbed Popcorn and Pretzel Mix

Ingredients

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

Directions

1. In a large mixing bowl, toss popcorn and pretzels together.
2. In a separate mixing bowl, mix oil and spices together and drizzle over popcorn. Use mixing spoons to toss together.
3. If using nonstick cooking spray instead of oil, lightly spray popcorn with nonstick cooking spray. Add spices and use mixing spoons to toss together.

Nutrition Facts

Serving Size 1 serving (26.75g)
Servings Per Container 15

Amount Per Serving

Calories 110 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 21g **7%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.