

RANCH POPCORN

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving = 2 cups)

Nutrition (per serving)

Calories: 130

Total Fat: 10 g

Saturated Fat: 1 g

Sodium: 103 mg

Total Carbohydrate: 10 g

Dietary Fiber: 2 g

Total Sugars: 0 g

Protein: 2 g



Ingredients

- 16 cups air popped popcorn
- 1/3 cup olive oil
- 1 Tablespoon dry ranch seasoning
- 1 teaspoon dried dill
- 1/4 teaspoon onion powder

Directions

1. Pour popcorn into a large bowl, set aside.
2. In a small bowl, combine olive oil, ranch seasoning, dill and onion,
3. Pour olive oil mixture over popcorn. Mix until well combined.



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