

## Herbed Popcorn and Pretzel Mix

### Ingredients:

- 15 cups popped 94% fat-free butter flavor microwave popcorn (2 bags)
- 5 cups pretzel twists
- 1 tablespoon oil or cooking spray
- 1 tablespoon dried parsley
- 1 teaspoon black pepper or less
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon thyme

### Equipment:

- Microwave
- Measuring cups
- Measuring spoons
- Large bowl
- Mixing spoons

Number of Servings: 15  
 Preparation Time: 5 minutes  
 Total time: 5 minutes

### Directions

1. In a very large bowl, toss popcorn and pretzels together.
2. Mix spices and oil together in separate bowl and drizzle over popcorn. Use large spoons to toss.
3. Or lightly spray popcorn with canned oil spray then toss with spices.
4. Makes fifteen 1 cup servings.

**TIP: Works great with air popped popcorn too! You can also adjust spices to your tastes**

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### Nutrition Facts

Serving Size: 1 cup			
Servings: 15			
<b>Amount Per Serving</b>			
<b>Calories 81</b>	Calories from Fat 9		
		<b>%Daily Value*</b>	
<b>Total Fat 1g</b>			<b>4%</b>
Saturated Fat trace			1%
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 253mg</b>			<b>11%</b>
<b>Total Carbohydrate 16g</b>			<b>5%</b>
Dietary Fiber 1g			5%
<b>Protein 2g</b>			<b>4%</b>
Vitamin A 1%	Vitamin C 0%		
Iron 17%	Calcium 0%		

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

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