

Popcorn and Almonds

Swick

Makes 1 servings | Active Time: 5 minutes | Total Time: 5 minutes

Chef's Notes

Nutrition: Calories 287; Fat 22g; Carbs 18g; Fiber 6g; Sugar 2g; Protein 9g;
Cholesterol 0mg; Sodium 129mg; Vitamin A 1IU; Vitamin C 0mg; Calcium 158mg;
Iron 1mg

Step 1: Method

- 2 cups Popcorn (17 grams)
- 1/4 cup Almonds (40 grams)

Serve all ingredients in a bowl or store them in a portable container if on-the-go.
Enjoy!