

## Electric Skillet Popcorn



### Utensil:

10" Electric Oil Core Skillet

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### Recipe:

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### Recipe Description:

What is more fun than popping popcorn together. And because you can pop with no added oil, this is a low calorie, zero cholesterol, zero sugar, almost no fat snack.

1 cup  
white popcorn

### Directions:

1. Place popcorn kernals in a single layer on the bottom of the EOC.
2. Cover and set temperature to 435°F/225°C.
3. Allow to pop for approximately 10 minutes. When you hear the kernels stop popping, unplug cord, remove cover and serve.

### Tips:

- To add a little "zest", shake a little chili powder over the popcorn.
- Sprinkle nutritional yeast flakes for a cheesy flavor.

### Nutritional Information per

#### ▼ Serving

**Calories:** 61  
**Total Fat:** 1g  
**Saturated Fat:** 1g  
**Cholesterol:** 0mg  
**Sodium:** 1mg  
**Total** 12g  
**Carbs:**  
**Dietary Fiber:** 2g  
**Sugar:** 0g  
**Protein:** 2g