SHOPPING LIST

Chocolate & Cranberry Popcorn

- ◯ Popcorn
- ◯ Unsalted Butter
- ◯ Dried Cranberries
- ◯ Kosher Salt
- ◯ Semi-Sweet Chocolate

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Professor Fizzy presents

SNACKS

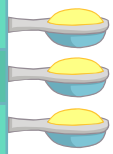
FIZZY'S LUNCH LAB

Chocolate & Cranberry Popcorn

VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	6
YES	Under 30 min.	Easy	

YOU WILL NEED

4 quarts
air popped popcorn



3 tablespoons
unsalted butter

1/4 cup grated semi-sweet chocolate (1 ounce)

1/4 cup
dried cranberries, coarsely chopped

¾ teaspoon
kosher salt

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Grate the chocolate on the large holes of a box grater.

STEP 1: Melt the butter in the microwave.

STEP 2: Drizzle the butter over the warm popcorn.

STEP 3: Add the chocolate, cranberries, and salt and toss to combine.

STEP 4: Serve.

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Nutrition Facts

Serving Size 1 serving (39g)
Servings Per Container 6

Amount Per Serving	
Calories 170	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 240mg	10%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 3g	

Vitamin A 4% • Vitamin C 0%
Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4