SHOPPING LIST

Parmesan & Rosemary Popcorn

- [ ] Popcorn
- [ ] Olive Oil
- [ ] Black Pepper
- [ ] Kosher Salt
- [ ] Parmesan Cheese
- [ ] Fresh Rosemary

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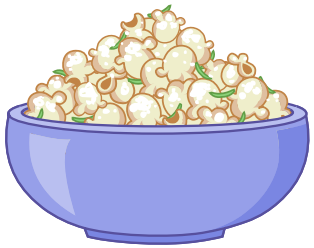
Professor Fizzy presents

SNACKS

FIZZY'S LUNCH LAB

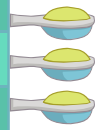
Parmesan & Rosemary Popcorn



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	6
YES	Under 30 min.	Medium	

YOU WILL NEED

4 quarts
air popped popcorn



3 tablespoons
extra-virgin olive oil

1 sprig
fresh rosemary

½ cup grated parmesan cheese

½ teaspoon
black pepper

½ teaspoon
kosher salt

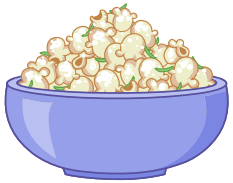
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Heat the olive oil and rosemary in a small saucepan over medium heat until fragrant, about 5 minutes.

STEP 2: Discard the rosemary and drizzle the olive oil over the warm popcorn.

STEP 3: Add the Parmesan, salt, and pepper, and toss to combine.



STEP 4: Serve.

Nutrition Facts

Serving Size 1 serving (38g)
Servings Per Container 6

Amount Per Serving	
Calories 190	Calories from Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 330mg	14%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 7g	

Vitamin A 0% • Vitamin C 0%
Calcium 15% • Iron 4%

*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