

# Eat Smart • Move More

## Herbed Popcorn & Pretzel Mix

**Prep Time:** 10 minutes

**Total Time:** 10 minutes



### Ingredients

- 2 bags 94% fat-free microwave popcorn
- 5 cups unsalted pretzel twists
- 1 tablespoon dried parsley
- 1 teaspoon garlic powder
- 1 teaspoon ground black pepper
- ½ teaspoon onion powder
- ¼ teaspoon dried thyme
- Nonstick cooking spray



### Directions



1. In a mixing bowl, toss popcorn and pretzels together.



2. In a separate mixing bowl, combine all spices together.



3. Spritz the popcorn and pretzels with nonstick cooking spray.  
4. Sprinkle half the seasoning over the mixture and shake bowl to distribute.



5. Spritz the popcorn and pretzels with nonstick cooking spray again.  
6. Sprinkle with remaining seasoning and shake bowl to distribute.

### Nutrition Facts

15 servings per container

**Serving size**

**1 serving**  
(25.78g)

**Amount per serving**

**Calories**

**100**

**% Daily Value\***

**Total Fat** 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 100mg **4%**

**Total Carbohydrate** 21g **8%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes g of Added Sugars

**Protein** 3g

Vitamin D 0mcg **0%**

Calcium 4mg **0%**

Iron 1mg **4%**

Potassium 36mg **0%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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(Recipe from: <http://district.schoolnutritionandfitness.com>)

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