The Lowdown on Popcorn

Did you know that the average American consumes 204 cups of popcorn each year? And 70% of that is eaten at home!

From a nutritional perspective, popcorn is a great snack food. One cup of plain, air-popped popcorn contains...

- 31 calories
- 1 gram of protein
- 6 grams of carbohydrate
- 1 gram of fiber
- Just a trace of fat.

Popcorn is also a whole-grain food. It's loaded with fiber and none of its nutrients have been stripped away.

Make Your Own Popcorn at Home

It's easy to make your own popcorn at home. Here's how:

1. Place 2 tablespoons of popcorn kernels in a microwave-safe bowl and cover.

2. Microwave on high until the popping slows. This usually takes about three minutes, but it's important to listen for it and stop the microwave when you count a few seconds between pops.

3. Uncover the popcorn and serve.

This is not the time to leave the kitchen!

As the popcorn pops, it becomes drier and may even catch on fire if left in the microwave too long.