



Air Fryer Popcorn

Description

Ingredients

- 1/2 cup popcorn kernels
- 1/2 tsp olive oil extra virgin

Optional

- salt
- butter
- seasoning

Instructions

1. Preheat the **air fryer** to 400 degrees Fahrenheit. Once preheated, cover the basket of the air fryer with a layer of foil. Do not cover the sides of the basket.
2. Add the olive oil and the **popcorn** to the foil. Spread the kernels into an even layer, and coat with the oil.
3. Cook the popcorn for 5-7 minutes. Listen for the kernels popping and remove the basket once the kernels have all popped.

Amount Per Serving

Calories: 82kcal | Carbohydrates: 15g | Protein: 2g | Fat: 1g | Saturated Fat: 1g | Sodium: 1mg | Potassium: 56mg | Fiber: 3g | Sugar: 1g | Iron: 1mg

Category

1. Air Fryer Recipes

Date Created

24/04/2024

Author

rauf

default watermark