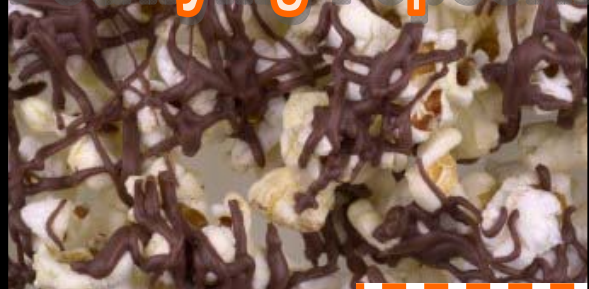


Featured Recipe at

*The Nest*

in Louisville Hall

# Petrifying Popcorn



Pop the popcorn according to directions on the package.



Melt chocolate chips in the microwave; place chocolate chips in microwave safe container.



SET MICROWAVE TO HALF POWER and heat for 15-

20 seconds. Remove, stir quickly, then repeat the 15 second intervals at half power until chocolate is mostly melted. You do not want to heat it too much or it burns.



Once the chips are melted, pour popcorn into a bowl and immediately pour chocolate over it.

- 1 mini bag of 94% Fat-Free, no butter popcorn(100 calorie bag)
- ¼ cup dark chocolate chips, melted

*The Nest* convenience store

located in Louisville Hall.



**basic pantry**  
UofL Campus Health Services      UofL Dining Services  
by students

# Petrifying Popcorn

## Nutrition Facts

Serving Size 1 recipe

Serving per Recipe 1

Amount per Serving

**Calories 328**

**Calories from Fat 125**

% Daily Value

**Total Fat 15g**

**23%**

Saturated Fat 0g

0%

**Cholesterol 2mg**

1%

**Sodium 178mg**

7%

**Total Carbohydrate 46g**

**15%**

Dietary Fiber 6g

**26%**

Sugars 20g

**Protein 5g**

**11%**

Est. Percent Calories From:

Fat

40%

Carbs

54%

Protein

6%

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

**Tip:** Make the popcorn first but don't open it!!

It will stay warmer while the chocolate is melting.

Then the chocolate will melt the rest of the way over the popcorn.

[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)

