

Furikake Popcorn

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-rice-cracker-recipe>

Ingredients:

- 3 tablespoons seaweed roasted shredded, torn into smaller pieces, or shred your own nori
- 3/4 teaspoon bonito flakes
- 1 1/2 teaspoons white sesame seeds black and, toasted
- 1 teaspoon salt
- 1 teaspoon brown sugar
- 4 tablespoons vegetable oil
- 1/2 cup popcorn kernels
- 4 tablespoons unsalted butter
- 1/2 teaspoon soy sauce
- 1 1/4 cups rice crackers Japanese, optional

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 30 milligrams
4. Fat: 27 grams
5. Fiber: 4 grams
6. Protein: 4 grams
7. SaturatedFat: 9 grams
8. Sodium: 630 milligrams
9. Sugar: 1 grams

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