

# Pickle Popcorn



Everest

Pickle Popcorn. The perfect blend of salty, tangy, and savory. It’s budget-friendly, and a hit this summer season.



PREP TIME

5 mins

COOK TIME

5 mins

TOTAL TIME

10 mins



COURSE

Snack



SERVINGS

2 servings

CALORIES

85 kcal

## INGREDIENTS

- 1/2 cup popcorn kernels (or 8 cups air-popped popcorn)
- 1 tbsp olive oil (or avocado oil)
- 2 tbsp dill pickle juice
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp dried dill
- 1/2 tsp sea salt (or to taste)
- 1/2 tsp white vinegar powder (optional but boosts the tang)
- 1 tbsp melted butter or vegan alternative (optional for richness)

## INSTRUCTIONS

### 1. Pop Your Popcorn

Use an air popper or stovetop method to pop your kernels. If you’re using pre-popped plain popcorn, skip this step. Pour popcorn into a large mixing bowl.

### 2. Make the Pickle Flavoring

In a small bowl, whisk together the dill pickle juice, olive oil, garlic powder, onion powder, dill, and vinegar powder (if using). If you want a richer finish, stir in the melted butter.

3. **Flavor It Up**

Drizzle the pickle mixture evenly over your popcorn while tossing or gently stirring to coat. Use clean hands or a spatula to mix well and avoid sogginess. Let sit for 2–3 minutes so the flavors absorb.

4. **Taste & Adjust**

Sprinkle with a little extra salt or dill if desired. You can even add a touch of nutritional yeast for a cheesy, umami boost.

5. **Serve**

Enjoy immediately while crisp, or store in an airtight container for up to 24 hours. (But let’s be honest, it probably won’t last that long.)

NOTES

Nutritional Info (per 1 cup serving)

Nutrient	Amount
Calories	85
Total Fat	5g
Saturated Fat	1g
Sodium	210mg
Carbohydrates	9g
Fiber	2g
Protein	2g
Sugar	0g

*Note: Nutritional facts will vary slightly depending on the popcorn and pickle juice brands used.*

