



What kind of popcorn is the healthiest?

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Air-popped popcorn is the healthiest type, as it is devoid of any extra sodium, fat, or additives.

One cup of air-popped popcorn (90 per cup) is the best and quick snack option which happened to be also gluten-free, low fat, and non-GMO.



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3 grams of fibre are present in one prepared cup of popcorn, a whole grain that has not been processed.

Nutrients like folate, niacin, riboflavin, thiamin, B vitamins, iron, and magnesium are also present in trace amounts. The majority of the nutritional content comes from the popcorn hulls, which also contain anti-inflammatory antioxidants such as beta-carotene, lutein, zeaxanthin, and polyphenols.



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