



# Parmesan-Truffle Popcorn

20  
minutes  
or less

GF  
option

V  
option

## INGREDIENTS

3 tbsp Gustare Vita olive oil  
½ cup yellow popcorn kernels  
3 tbsp black truffle finishing butter, melted  
3 tbsp Soirée grated Parmesan cheese  
1 tsp Hy-Vee dried parsley flakes

## PREPARATION

- 1 Heat olive oil in 6-quart pressure cooker or Instant Pot on SAUTÉ setting. When HOT displays, add popcorn kernels; stir to coat. Spread kernels evenly in bottom of cooker. Cover with a glass saucepan lid. Pop kernels for 8 minutes or until popping stops. Turn off pressure cooker. Transfer popcorn to a large bowl.
- 2 Drizzle with melted black truffle finishing butter; sprinkle with grated Parmesan cheese and dried parsley flakes. Toss to combine. Season to taste with salt.

## NUTRITION FACTS

Calories: 45  
Total Fat: 4g  
Saturated Fat: 1.5g  
Trans Fat: 0g  
Cholesterol: 5mg

Sodium: 15mg  
Carbohydrates: 2g  
Fiber: 0g  
Sugar: 0g  
Protein: 1g