



Terrific Taco Popcorn



Entire recipe (about 5 cups): 156 calories, 2g total fat (0g sat fat), 454mg sodium, 28g carbs, 4g fiber, 0.5g sugars, 5g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 5 minutes or less



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Ingredients

5 cups popped 94% fat-free butter-flavored microwave popcorn (about 1 mini bag)
1/2 tsp. taco seasoning mix
1/2 oz. (about 9) cheddar-flavored popped chips or mini rice cakes

Directions

Place popcorn in a wide sealable container (or a large bowl). Spritz with nonstick spray, and sprinkle with taco seasoning.

Lightly crush chips/rice cakes, and add to the container (or bowl). Seal, and shake to mix. (If using a bowl, lightly toss.) Enjoy!

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.