

NEW! COMPARING NUTRITION FACTS

BUTTER

Many consumers eat popcorn by the bag. Compared to other brands, we make understanding the nutrition facts simpler by providing FULL BAG POPPED information.

Nutrition Facts

Serving Size 1 Bag (61g)

Makes about 9½ cups popped

Amount Per Serving	1 Bag Unpopped	1 Bag Popped
1 bag Unpopped, Popped		
Calories	290	270
Calories from Fat	120	110

% Daily Value*

Total Fat 12g, 11g	18%	17%
Saturated Fat 2.5g, 2.5g	13%	13%

Trans Fat 0g, 0g

Polyunsaturated Fat 3g, 3g

Monounsaturated Fat 8g, 7g

Cholesterol 0mg, 0mg **0%** **0%**

Sodium 590mg, 450mg **25%** **19%**

Total Carbohydrate 35g, 33g **12%** **11%**

Dietary Fiber 6g, 6g **24%** **24%**

Sugars 0g, 0g

Protein 5g, 5g

Calcium 2% 2%

Iron 8% 6%

Not a significant source of Vitamin A and Vitamin C

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

FULL BAG POPPED

CALORIES270

SATURATED FAT 2.5g

TRANS FAT..... 0g

NATURALLY CHOLESTEROL FREE

100% WHOLE GRAIN

NATURALLY GLUTEN AND SUGAR FREE

INGREDIENTS:

Popcorn, Canola Oil, Salt, Hydrogenated Vegetable Oil (corn, cottonseed, soybean or sunflower), Contains 2% or less of the following: Natural and Artificial Flavor, Color Added, TBHQ and Citric Acid to preserve freshness.

Contains Milk Ingredients