

NEW! COMPARING NUTRITION FACTS

LIGHT 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 (57g)

Makes about 9½ cups popped

Amount Per Serving	1 Bag Unpopped	1 Bag Popped
1 bag Unpopped, Popped		
Calories	240	220
Calories from Fat	80	70

% Daily Value*

Total Fat 8g, 7g	12%	11%
Saturated Fat 1.5g, 1.5g	8%	8%
Trans Fat 0g, 0g		
Polyunsaturated Fat 2g, 2g		
Monounsaturated Fat 4.5g, 4g		
Cholesterol 0mg, 0mg	0%	0%
Sodium 560mg, 490mg	23%	20%
Total Carbohydrate 36g, 34g	12%	11%
Dietary Fiber 6g, 6g	24%	20%
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

CALORIES 220

SATURATED FAT 1.5g

TRANS FAT 0g

NATURALLY CHOLESTEROL FREE

100% WHOLE GRAIN

NATURALLY GLUTEN AND SUGAR FREE

†Contains 4.5g of fat and 130 calories compared to 9g of fat and 160 calories per 30g of Regular Butter Microwave Popcorn.

INGREDIENTS:

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

Contains Milk Ingredients