

Nutrition Facts

About 9 servings per container
Serving size 2 Tbsp (34g) Unpopped
(makes about 4 cups popped)

Calories	2 Tbsp Unpopped		1 Cup Popped	
	160		35	
	% Daily Value*		% Daily Value*	
Total Fat	10g	13%	2g	3%
Saturated Fat	8g	40%	1.5g	8%
Trans Fat	0g		0g	
Polyunsaturated Fat	0.5g		0g	
Monounsaturated Fat	0.5g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	270mg	12%	60mg	3%
Total Carb.	18g	7%	4g	1%
Dietary Fiber	3g	11%	1g	4%
Total Sugars	0g		0g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	2g		0g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	0mg	0%
Iron	0.5mg	2%	0mg	0%
Potassium	0mg	0%	0mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Popcorn Section: Popcorn, Salt, Artificial Flavor, Yellow #5 Lake, Yellow #6 Lake. Oil Section: Vegetable Oil (canola, coconut, corn, cottonseed, palm, safflower, soybean and/or sunflower), Artificial Flavor, Beta Carotene (color).