



Proprietary and Confidential Weaver Popcorn Document
16 oz.

100% Canola Nak Paks

Nutrition Facts			
About 13 servings per container			
Serving size		2 tbsp (34g) unpopped	
		(Makes about 4 cups popped)	
	Per 2 tbsp unpopped		Per 1 cup popped
Calories	160		35
	% DV*		% DV*
Total Fat	10g	13%	2g 3%
Saturated Fat	1g	5%	0g 0%
Trans Fat	0g		0g
Polyunsaturated Fat	2g		0g
Monounsaturated Fat	6g		1.5g
Cholesterol	0mg	0%	0mg 0%
Sodium	270mg	12%	60mg 3%
Total Carbohydrate	18g	7%	4g 1%
Dietary Fiber	3g	11%	1g 4%
Total Sugars	0g		0g
Includes 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 (DV) 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:** Canola Oil, Artificial Flavor, Beta Carotene (color).

Net Wt

**X – servings per
container or pouch**

16.0 OZ (453.60g)

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