

Butter Light

Microwave Popcorn

Nutrition Facts

Serving Size: 1 Bag (54g) unpopped
 Makes about 9 1/2 cups popped
 Servings Per Carton: 18

| AMOUNT PER SERVING 1BAG UNPOPPED, POPPED | 1 BAG UNPOPPED | 1 BAG POPPED | |
|--|-------------------|-----------------|---------|
| Calories | 230 | 200 | |
| Calories from Fat | 70 | 60 | |
| % Daily Value* | | | |
| Total Fat 8g, 7g | 12% | 11% | |
| Saturated Fat 1g, 1g | 5% | 5% | |
| <i>Trans Fat</i> 0g, 0g | | | |
| Polyunsaturated Fat 2g, 1.5g | | | |
| Monounsaturated Fat 4g, 3.5g | | | |
| Cholesterol 0mg, 0mg | 0% | 0% | |
| Sodium 290mg, 250mg | 12% | 10% | |
| Total Carbohydrate 36g, 31g | 12% | 10% | |
| Dietary Fiber 6g, 5g | 24% | 20% | |
| Sugars 0g, 0g | | | |
| Protein 5g, 4g | | | |
| Calcium | 0% | 0% | |
| 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 |

† Contains 4g 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,
 Hydrogenated Cottonseed Oil,
 Natural & Artificial Flavor, Color
 Added, TBHQ for freshness.

Contains milk ingredients.

NET WT 34.2 OZ (2.14LB) 970g 

