

Unbelievable Butter Microwave

Nutrition Facts

Serving Size: 1 Bag (70g) unpopped
 Makes about 9 1/2 cups popped
 Servings Per Carton: 18

AMOUNT PER SERVING 1 BAG UNPOPPED, POPPED	1 BAG UNPOPPED	1 BAG POPPED	
Calories	360	310	
Calories from Fat	200	170	
% Daily Value*			
Total Fat 22g, 19g	34%	29%	
Saturated Fat 3.5g, 3g	18%	15%	
<i>Trans</i> Fat 0g, 0g			
Polyunsaturated Fat 4.5g, 4g			
Monounsaturated Fat 12g, 10g			
Cholesterol 0mg, 0mg	0%	0%	
Sodium 1020mg, 890mg	43%	37%	
Total Carbohydrate 36g, 31g	12%	10%	
Dietary Fiber 6g, 5g	24%	20%	
Sugars 0g, 0g			
Protein 5g, 4g			
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 310

CALORIES FROM FAT..... 170

TOTAL FAT19g

SATURATED FAT3g

TRANS FAT0g

POLYUNSATURATED FAT4g

MONOUNSATURATED FAT10g

CHOLESTEROL.....0mg

WHOLE GRAIN POPCORN

GOOD SOURCE OF FIBER

GLUTEN AND SUGAR FREE

INGREDIENTS:

Popcorn, Canola Oil, Salt, Hydrogenated Cottonseed Oil, Natural and Artificial Flavor, Color Added, TBHQ for freshness.

Contains Milk ingredients.

NET WT 44.1 OZ (2.75 LBS) 1.25kg

FOR QUESTIONS OR COMMENTS,
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