

Nutrition Facts

Serving Size: 2 Tbsp. (33g) Unpopped,
(Makes About 4.5 Cups Popped)

Servings Per Package: About 14
(About 63 Cups Popped)

	As Pkgd/2 Tbsp.
Amount Per Serving	Unpopped
Calories 140	Calories from Fat 80

% Daily Value *

Total Fat 9g	14%
Saturated Fat 7g	37%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	13%
Sugar <1g	

Protein 3g

Vitamin A 40% • Vitamin C 0%

Calcium 0% • Iron 4%

* 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 Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts based on contents as packaged.

Ingredients:

100% Whole Grain Popcorn.

Oil Section: Coconut Oil,

Artificial Flavor, Beta

Carotene for Coloring.

Salt Section: Salt, Artificial

Flavor, FD&C Yellow 5 Lake,

FD&C Yellow 6 Lake.