

# Nutrition Facts

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

**Servings Per Package: About 7**  
(About 31.5 Cups Popped)

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

	<b>% Daily Value *</b>
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 7g	<b>37%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 390mg</b>	<b>16%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 3g	<b>13%</b>
Sugar <1g	
<b>Protein 3g</b>	

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.