



## Butter Light

# Nutrition Facts

Serving Size: 2 Tbsp (about 28g) unpopped (about 5 cups popped)  
 Servings Per Bag: about 2  
 Servings Per Box: about 36

AMOUNT PER SERVING	2 TBSP UNPOPPED	1 CUP POPPED
<b>Calories</b>	110	20
Calories from Fat	30	5
<b>% Daily Value**</b>		
<b>Total Fat</b> 3.5g*	<b>5%</b>	<b>1%</b>
Saturated Fat 0.5g	<b>3%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1.5g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>	<b>1%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>	<b>1%</b>
Dietary Fiber 3g	<b>12%</b>	<b>2%</b>
Sugars 0g		
<b>Protein</b> 2g		
<b>Iron</b>	<b>4%</b>	<b>0%</b>

Not a significant source of Vitamin A, Vitamin C, and Calcium.

\*Amount in unpopped. As popped 1 cup provides 0.5g total fat, 0g saturated fat, 0g trans fat, 0g polyunsaturated fat, 0g monounsaturated fat, 30mg sodium, 3g total carbohydrate, less than 1g of dietary fiber, 0g protein.

\*\*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

<b>CALORIES</b> .....	<b>210</b>
<b>CALORIES FROM FAT</b> .....	<b>60</b>
<b>TOTAL FAT</b> .....	<b>7g</b>
<b>SATURATED FAT</b> .....	<b>1g</b>
<b>TRANS FAT</b> .....	<b>0g</b>
<b>POLYUNSATURATED FAT</b> .....	<b>1.5g</b>
<b>MONOUNSATURATED FAT</b> .....	<b>3g</b>
<b>CHOLESTEROL</b> .....	<b>0mg</b>

**NATURALLY CHOLESTEROL FREE**

**100% WHOLE GRAIN**

**NATURALLY GLUTEN AND SUGAR FREE**

†Contains 4g of fat and 120 calories compared to 9g of fat and 160 calories per 30g of Butter Microwave Popcorn.

**INGREDIENTS:**

**Popcorn, Canola Oil, Salt.**

Contains 2% or less of the following: Natural & Artificial Flavor, Color Added, TBHQ and Citric Acid to preserve freshness, Hydrogenated Vegetable Oil (corn, cottonseed or sunflower).

Contains milk ingredients.



While many factors affect heart disease, diets low in saturated fat and cholesterol may help reduce the risk of this disease.



This package is 100% recyclable.

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