



Butter Light

Nutrition Facts

Serving Size 1 Bag (59g)
 Makes about 10.5 cups popped
 Servings per Carton 18

AMOUNT PER SERVING 1 BAG UNPOPPED, POPPED	1 BAG UNPOPPED	1 BAG POPPED	
Calories	230	220	
Calories from Fat	60	60	
% Daily Value*			
Total Fat 6g, 6g	9%	9%	
Saturated Fat 1g, 1g	5%	5%	
Trans Fat 0g, 0g			
Polyunsaturated Fat 2g, 1.5g			
Monounsaturated Fat 3g, 3g			
Cholesterol 0mg, 0mg	0%	0%	
Sodium 380mg, 320mg	16%	13%	
Total Carbohydrate 39g, 36g	13%	12%	
Dietary Fiber 7g, 6g	28%	24%	
Sugars 0g, 0g			
Protein 5g, 5g			
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.....220
CALORIES FROM FAT.....60

TOTAL FAT.....6g
SATURATED FAT.....1g
TRANS FAT.....0g
POLYUNSATURATED FAT.....1.5g
MONOUNSATURATED FAT.....3g
CHOLESTEROL.....0mg

NATURALLY CHOLESTEROL FREE

100% WHOLE GRAIN

GOOD SOURCE OF FIBER

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, soybean or sunflower).

Contains milk ingredients.