

Light Popcorn

Nutrition Facts

Serving Size 2 tbsp. (28g)unpopped
(makes 3.5 cups popped)

Servings Per Bag About 3
Servings Per Container About 10.5

Amount	2 tbsp.	1 cup
Per Serving	Unpopped	Popped

Calories	110	30
Calories from Fat	30	10

% Daily Value**

Total Fat 3.5g*	5%	1%
Saturated Fat .5g	3%	1%
Cholesterol 0mg	0%	0%
Sodium 190mg	8%	1%
Carbohydrate 18g	6%	1%
Dietary Fiber 4g	16%	3%
Protein 3g		
Iron	4%	0%

Not a significant source of sugars, vitamin A, vitamin C and calcium

*Amount in unpopped product.

**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
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Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol 0mg	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g