



# 15 Pack Butter Light Microwave

<b>Nutrition Facts</b>			
Serving Size 2 Tbsp (about 28g) Unpopped, (About 5 cups Popped)			
Servings Per Bag about 2.5    Servings Per Package about 38			
Amount Per Serving		2 Tbsp Unpopped	1 Cup Popped
<b>Calories</b>		120	20
Calories from Fat		40	5
% Daily Value**			
<b>Total Fat</b>	4 g*	<b>6%</b>	<b>1%</b>
Saturated Fat	1 g	<b>5%</b>	<b>0%</b>
<i>Trans Fat</i> 0 g			
Monounsaturated Fat 2 g			
Polyunsaturated Fat 1.5 g			
<b>Cholesterol</b>	0 mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b>	230 mg	<b>10%</b>	<b>2%</b>
<b>Total Carbohydrate</b>	17 g	<b>6%</b>	<b>1%</b>
Dietary Fiber	3 g	<b>12%</b>	<b>2%</b>
Sugars 0 g			
<b>Protein</b>	2 g		
Iron		4%	0%
Not a significant source of vitamin A, vitamin C, and calcium.			
*Amount in unpopped. As popped 1 cup provides 0.5 g total fat, 0 g saturated fat, 0 g <i>trans</i> fat, 0 g monounsaturated fat, 0 g polyunsaturated fat, 40 mg sodium, 3 g total carbohydrate, less than 1 g of dietary fiber, 0 g 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	2400 mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Whole Grain Popcorn, Canola Oil, Corn Oil, Hydrogenated Cottonseed Oil\*, Salt, Natural & Artificial Flavors, Color Added, Freshness Preserved with TBHQ and Citric Acid. \*Contains a trivial amount of trans fat.

Contains Soy and Milk Ingredients.

Front Panel Claim:  
60% Less Fat than Regular Butter Microwave Popcorn†  
Less Saturated Fat††

Underneath the nutrition facts panel:  
†Contains 4 g of fat compared to 11 g of fat per 30 g of Regular Butter Microwave Popcorn.  
††Contains 1 g of saturated fat compared to 2 g of saturated fat per 30 g of Unbelievable Butter Microwave Popcorn.