



30 Pack Microwave Popcorn

6 Pack Microwave - “Unbelievable Butter”

Nutrition Facts			
Serving Size 2 Tbsp (about 32 g) Unpopped, (About 5 cups Popped)			
Servings Per Bag about 2.5 Servings Per Box about 15			
Amount Per Serving		2 Tbsp Unpopped	1 Cup Popped
Calories		150	25
Calories from Fat		70	10
% Daily Value**			
Total Fat	8 g*	12%	2%
Saturated Fat	1.5 g	8%	0%
Trans Fat	0 g		
Cholesterol	0 mg	0%	0%
Sodium	370 mg	15%	3%
Total Carbohydrate	17 g	6%	1%
Dietary Fiber	3 g	12%	2%
Sugars	0 g		
Protein	2 g		
Iron		4%	
Not a significant source of vitamin A, vitamin C, and calcium.			
*Amount in unpopped. As popped 1 cup provides 1.5 g total fat, 0 g saturated fat, 0 g trans fat, 65 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. *Contributes a trivial amount of trans fat.

Contains Soy and Milk Ingredients.



30 Pack Microwave Popcorn

6 Pack Microwave - Butter

Nutrition Facts			
Serving Size 2 Tbsp (about 30 g) Unpopped, (About 5 cups Popped)			
Servings Per Bag about 2.5 Servings Per Box about 15			
Amount Per Serving		2 Tbsp Unpopped	1 Cup Popped
Calories		130	20
Calories from Fat		60	10
% Daily Value**			
Total Fat	6 g*	9%	2%
Saturated Fat	1 g	5%	0%
Trans Fat	0 g		
Cholesterol	0 mg	0%	0%
Sodium	280 mg	12%	2%
Total Carbohydrate	17 g	6%	1%
Dietary Fiber	3 g	12%	2%
Sugars	0 g		
Protein	2 g		
Iron		4%	
Not a significant source of vitamin A, vitamin C, and calcium.			
*Amount in unpopped. As popped 1 cup provides 1 g total fat, 0 g saturated fat, 0 g trans fat, 50 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. *Contributes a trivial amount of trans fat.

Contains Soy and Milk Ingredients.



30 Pack Microwave Popcorn

6 Pack Microwave - Butter Light

Nutrition Facts			
Serving Size 2 Tbsp (about 28g) Unpopped, (About 5 cups Popped)			
Servings Per Bag about 2.5 Servings Per Package about X			
Amount Per Serving		2 Tbsp Unpopped	1 Cup Popped
Calories		120	20
Calories from Fat		40	5
% Daily Value**			
Total Fat	4 g*	6%	1%
Saturated Fat	1 g	5%	0%
<i>Trans</i> Fat 0 g			
Monounsaturated Fat 2 g			
Polyunsaturated Fat 1.5 g			
Cholesterol	0 mg	0%	0%
Sodium	230 mg	10%	2%
Total Carbohydrate	17 g	6%	1%
Dietary Fiber	3 g	12%	2%
Sugars 0 g			
Protein	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.



30 Pack Microwave Popcorn

6 Pack Microwave - Kettle Corn

Nutrition Facts			
Serving Size 2 Tbsp (about 28g) Unpopped, (About 5 cups Popped)			
Servings Per Bag about 2.5 Servings Per Box about 15			
Amount Per Serving		2 Tbsp Unpopped	1 Cup Popped
Calories		110	20
Calories from Fat		35	5
% Daily Value**			
Total Fat	4 g*	6%	1%
Saturated Fat	0.5 g	3%	0%
Trans Fat	0 g		
Cholesterol	0 mg	0%	0%
Sodium	170 mg	7%	1%
Total Carbohydrate	17 g	6%	1%
Dietary Fiber	3 g	12%	2%
Sugars	0 g		
Protein	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 trans fat, 30 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, Sucralose, Freshness Preserved with TBHQ and Citric Acid. *Contributes a trivial amount of trans fat.

Contains Soy Ingredients.
Manufactured in a facility that handles milk ingredients.



30 Pack Microwave Popcorn

6 Pack Microwave – “Incredible” Kettle

Nutrition Facts			
Serving Size 2 Tbsp (about 32 g) Unpopped, (About 5 cups Popped)			
Servings Per Bag about 2 Servings Per Box about 12			
Amount Per Serving		2 Tbsp Unpopped	1 Cup Popped
Calories		140	25
Calories from Fat		60	10
% Daily Value**			
Total Fat	7 g*	12%	2%
Saturated Fat	1 g	5%	0%
Trans Fat	0 g		
Cholesterol	0 mg	0%	0%
Sodium	320 mg	13%	2%
Total Carbohydrate	18 g	6%	1%
Dietary Fiber	3 g	12%	2%
Sugars	0 g		
Protein	2 g		
Iron		4%	0%
Not a significant source of vitamin A, vitamin C, and calcium.			
*Amount in unpopped. As popped 1 cup provides 1.5 g total fat, 0 g saturated fat, 0 g trans fat, 50 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, Sucralose, Freshness Preserved with TBHQ and Citric Acid. *Contributes a trivial amount of trans fat.

Contains Soy Ingredients.
Manufactured in a facility that handles milk ingredients.