

# Butter Microwave

## Nutrition Facts

Serving Size: 1/3 bag (28g) unpopped  
 Servings Per Bag: 3

Amount Per Serving	1/3 bag unpopped	1 cup popped
<b>Calories</b>	140	35
Calories From Fat	80	20
% Daily Value**		
<b>Total Fat</b> 9g	<b>14%</b>	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>	<b>0%</b>
Trans Fat 3g		
<b>Sodium</b> 320mg	<b>13%</b>	<b>4%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>	<b>1%</b>
Dietary Fiber 3g	<b>12%</b>	<b>4%</b>
Sugars 0g		
<b>Protein</b> 2g		
<b>Iron</b>	<b>2%</b>	<b>0%</b>

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

\*\*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
Saturated 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

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

### Ingredients for Butter Microwave Popcorn:

Gourmet popcorn, partially hydrogenated soybean oil, salt, natural and artificial butter flavors, color added.

\*\*Contains: Soy & Milk