



Nutrition Facts

Serv Size 3 tbsp. (36g) unpopped
(makes 4 cups popped)
Servings Per Bag about 3
Servings Per Box about 9

Amount Per Serving	3 Tbsp Unpopped	1 cup Popped
Calories	180	40
Calories from Fat	110	25

	% Daily Value**	
Total Fat 12g*	18%	4%
Saturated Fat 3g	14%	3%
Trans Fat 5g		
Cholesterol 0mg	0%	0%
Sodium 330mg	14%	2%
Total Carbohydrate 17g	6%	1%
Dietary Fiber 3g	11%	2%
Protein 3g		
Iron	2%	0%

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

*Amount in unpopped. As popped, 1 cup provides 2.5g total fat (0.5g saturated fat, 1g trans fat), 0mg cholesterol, 60mg sodium, 4g total carbohydrate (less than 1g dietary fiber) and less than 1g 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



INGREDIENTS: WHOLE GRAIN POPCORN, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, BUTTER (CREAM, MILK, SALT), NATURAL AND ARTIFICIAL FLAVOR, COLOR ADDED. FRESHNESS PRESERVED BY PROPYL GALLATE.

CONTAINS MILK INGREDIENTS.

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Carbohydrate Choices: 1 per 4 cups of popped corn
May be mfg. under U.S. Pat. Nos. 5,915,505; 6,013,291; 6,093,429; 6,333,059 3224999131

Look for the words,
“partially hydrogenated”
under “Ingredients”