

# Butter Light Microwave

<b>Nutrition Facts</b>			
Serving Size: 1/3 bag (28g) unpopped			
Servings Per Bag: 3			
Amount Per Serving		1/3 bag unpopped	1 cup popped
<b>Calories</b>		120	30
Calories From Fat		45	10
% Daily Value*			
<b>Total Fat</b> 4.5g		<b>8%</b>	<b>2%</b>
Saturated Fat 2g		<b>10%</b>	<b>3%</b>
Trans Fat 0g			
<b>Sodium</b> 210mg		<b>9%</b>	<b>2%</b>
<b>Total Carbohydrate</b> 17g		<b>6%</b>	<b>2%</b>
Dietary Fiber 4g		<b>16%</b>	<b>4%</b>
Sugars 1g			
<b>Protein</b> 3g			
<b>Iron</b>		<b>4%</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:** Popcorn, palm oil, salt, natural and artificial butter flavors, color added.

**Allergy Information:** Contains Milk.