

12/03/2014

<b>Nutrition Facts</b>	
Serving Size 1 bag (28g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 140	<b>Calories from Fat</b> 60
<small>% Daily Value*</small>	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 9g	
<b>Protein</b> 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000    2,500</small>
Total Fat	<small>Less than 65g    80g</small>
Saturated Fat	<small>Less than 20g    25g</small>
Cholesterol	<small>Less than 300mg    300mg</small>
Sodium	<small>Less than 2,400mg    2,400mg</small>
Total Carbohydrate	<small>300g    375g</small>
Dietary Fiber	<small>25g    30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

This procedure is built around using a wet popper rather than air popped popcorn.