

12/02/2014

Nutrition Facts	
Serving Size 2.5 cup (28g)	
Servings Per Container 6	
Amount Per Serving	
Calories 140	Calories from Fat 60
<small>% Daily Value*</small>	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 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.