

Nutrition Facts

About 2.5 servings per bag,
about 30 servings per container
Serving size: **2 tbsp (30 g) unpopped**
(makes about 5 1/4 cups popped)

	per serving		per 1 cup popped	
	130		25	
	% Daily Value*		% Daily Value*	
Calories				
Total Fat	6g	8%	1g	1%
Saturated Fat	1.5g	8%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	260mg	11%	50mg	2%
Total Carbohydrate	17g	6%	3g	1%
Dietary Fiber	2g	7%	0g	0%
Total Sugars	0g		0g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	2g		0g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	0mg	0%
Iron	0.5mg	2%	0.1mg	0%
Potassium	60mg	2%	10mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

Popcorn, Sunflower Oil, Palm Oil and Sea Salt.

SKINNY
POP
POPCORN

Beware of a small amount of Saturated Fat.

Great source of lower graded proteins.

Great oil to increase HDL (Good).