



NUTRITION INFORMATION



ORVILLE REDENBACHER'S® POPCORN	Serving Size (unpopped)	Household Measurement	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Grains (ounces)	Servings of whole grains per serving (cups popped)*
SMARTPOP!®																					
SmartPOP! Butter Pop Up Bowl	37	about 7.5 cups popped	120	20	2	0.5	0	0.5	0.5	0	240	300	25	4	4	-	-	-	8	2.5	2 1/2
SmartPOP! Kettle Korn	42	about 7.5 cups popped	140	25	2.5	1	0	1	0.5	0	230	140	29	6	4	-	-	-	4	2.5	2 1/2
SMARTPOP!® Mini Bags																					
SmartPOP! Butter Mini Bags (popped)	35	about 6.5 cups popped	110	20	2	0.5	0	0.5	0.5	0	220	280	24	4	3	-	-	-	6	2	2
SmartPOP! Kettle Korn Mini Bags (popped)	35	about 6.5 cups popped	110	20	2	0.5	0	1	0.5	0	180	115	25	4	4	-	-	-	4	2	2
Light																					
Light Butter, 3 bags	31	about 5.5 cups popped	120	45	5	2.5	0	1	1.5	0	190	200	19	4	3	-	-	-	2	1.5	1 1/2
Butter																					
Butter - Pop Up Bowl	35	about 4 cups popped	170	110	12	6	0	1.5	4	0	260	210	17	3	2	-	-	-	4	1.5	1 1/2
Butter, Mini Bags	42.5	about 5.5 cups popped	210	130	14	7	0	2	5	0	320	250	21	4	3	-	-	-	4	1.5	1 1/2
Movie Theater Butter Pop Up Bowl	35	about 4 cups popped	170	110	12	6	0	1.5	4.5	0	250	200	16	3	2	-	-	-	4	1.5	1 1/2
Movie Theater Butter, Mini Bags	42.5	about 5.5 cups popped	210	130	15	7	0	2	5	0	300	240	20	4	3	-	-	-	4	1.5	1 1/2
Ultimate Butter	34	about 5 cups popped	170	110	12	6	0	1.5	4	0	380	60	16	3	2	-	-	-	4	1.5	1 1/2
Ultimate Butter, Mini Bags	42.5	about 6 cups popped	200	130	14	7	0	1.5	5	0	470	100	19	3	3	-	-	-	6	1.5	1 1/2
Natural & Organic																					
Jar - Original	40	about 6 cups popped	120	10	1.5	0	0	1	0	0	0	-	29	6	4	-	-	-	10	2	2
Jar - Organic Corn	40	about 6 cups popped	120	10	1.5	0	0	0.5	0	0	0	-	29	6	4	-	-	-	10	2	2
Jar - White Corn	40	about 6 cups popped	120	10	1.5	0	0	1	0	0	0	-	29	6	4	-	-	-	10	2	2
Natural Butter	35	about 5 cups popped	170	110	12	6	0	1.5	4	0	290	60	17	3	2	-	-	-	2	1.5	1 1/2
Natural Butter, 50% Less Fat	31	about 5.5 cups popped	120	45	6	2.5	0	1	1.5	0	250	75	19	4	3	-	-	-	2	1.5	1 1/2
Natural Lime + Salt, Mini Bags	44	about 5 cups popped	220	140	15	7	0	2	5	0	370	75	21	4	3	-	-	-	4	1.5	1 1/2
Natural Buttery Salt + Cracked Pepper, Mini Bags	44	about 6.5 cups popped	200	120	13	6	0	2	4.5	0	620	80	22	4	3	-	-	-	4	2	2
Natural Simply Salted	35	about 4.5 cups popped	170	100	11	5	0	1.5	3.5	0	400	65	17	3	2	-	-	-	2	1.5	1 1/2
Natural Simply Salted, 50% Less Fat	31	about 5.5 cups popped	120	45	5	2.5	0	1	1.5	0	300	75	19	4	3	-	-	-	2	1.5	1 1/2
Sweet & Specialty																					
Cheddar Cheese	35	about 4.5 cups popped	180	120	14	6	0	2	5	0	340	60	15	3	2	-	-	-	4	1.5	1 1/2
Kettle Korn	34	about 5 cups popped	170	110	13	7	0	1.5	4	<5	130	60	16	3	2	-	-	-	2	1.5	1 1/2
Kettle Korn, Mini Bags	45	about 5.5 cups popped	240	160	18	9	0	2	6	<5	180	75	20	4	3	-	-	-	2	1.5	1 1/2
Pour Over Caramel	36	about 2 cups popped	170	70	8	2	1.5	0.5	3	0	35	50	24	1	1	6	-	-	2	0.75	1 1/2
Pour Over Movie Theater Butter	33	about 3.5 cups popped	180	120	14	4.5	0.5	3	4.5	0	320	55	14	3	2	2	-	-	2	1	1 1/2
Spicy Nacho	35	about 4.5 cups popped	180	120	13	6	0	1.5	4.5	0	400	65	15	3	2	15	-	-	4	1.5	1 1/2
Tender White	33	about 3.5 cups popped	170	110	12	6	0	1.5	4	0	250	60	15	3	2	-	-	-	2	1	1
Buttery Flavor Popcorn Oil	15 ml	1 Tablespoon	120	120	14	2	0	-	-	0	0	-	0	0	0	0	0	0	0	-	-
Pop Up Bowl® Varieties																					
Pop Up Bowl Butter	35	about 4 cups popped	170	110	12	6	0	1.5	4	0	260	210	17	3	2	-	-	-	4	1.5	1 1/2
Pop Up Bowl Movie Theater Butter	35	about 4 cups popped	170	110	12	6	0	1.5	4.5	0	250	200	16	3	2	-	-	-	4	1.5	1 1/2
Pop Up Bowl SmartPOP! Butter	37	about 7.5 cups popped	120	20	2	0.5	0	0.5	0.5	0	240	300	25	4	4	-	-	-	8	2.5	2 1/2
Pop Up Bowl Ultimate Butter	35	about 4 cups popped	170	110	12	6	0	1.5	4	0	390	80	16	3	2	-	-	-	4	1.5	1 1/2

*3 cups of popped popcorn provides 1 of the 3 ounce-equivalents of whole grains recommended by the 2010 Dietary Guidelines for Americans. Nutrition information updated August 1, 2011. For most current information always check the Nutrition Facts panel on the product. Visit www.ConAgraFoodsScienceInstitute.com for additional nutrition information.

