

Smart Snack Popcorn

Popcorn on Smart Snack website that meets requirements-

- Smart Foods White Cheese Popcorn- 0.75 oz/32. 0.75 oz serving
- Vic’s Kettle Popcorn 90cnt, 1 oz serving
- Vic’s Lite White Full Salt Popcorn 60cnt, 0.5 oz serving
- Vic’s White Cheddar Popcorn 80 cnt, 5/8oz serving

Smart Snack requirements- snack must be less than 200 calories per serving. Snack must have less than 200mg of sodium. Snack must have less than 35% of total calories be from fat and less than 10% of those calories be saturated fat. The product also must have 0g trans fat and less than 35% sugar by weight. If the product is a grain product, such as popcorn then the first ingredient must be a whole grain.

My recipe for smart snack popcorn-

Servings: 8 (1oz servings)

8 oz air popped popcorn- 16Tbs un-popped kernels= 1 cup un-popped kernels.

2 tablespoon olive oil

2 teaspoon coconut oil

½ tsp salt

Each serving size of 1 oz has 149 calories and 148mg sodium. It contains 34% of its calories from fat, and of those 10% is saturated fats. The snack has no trans fat or sugar. I have included from nutricalc the calorie/fat breakdown from the recipe for a serving. I have also included a picture of the nutrition facts label created in nutricalc.

Source of Calories	Calori	Gram	Percent	Source of Fat (approx.)	Fat (g)	Percent
Protein	14	3.7	9 %	Saturated Fat	1.6	28 %
Carbohydrates	85	22.0	57 %	Mono Fat	2.8	48 %
Alcohol	0	0.0		Poly Fat	1.0	18 %
Fat (Total)	50	5.8	34 %	Trans Fat	0.0	0 %
Saturated Fat	15	1.6	10%	<hr/>		
Trans Fat	0	0.0	0%	Total (g)	5.8	
Mono Fat	25	2.8	17%			
Poly Fat	9	1.0	6%			
Total	149					

Nutrition Facts

Serving Size (33 g)



Amount Per Serving

Calories 149

Calories from Fat 52



% Daily Value *

Total Fat 6g 7%

Saturated Fat 2g 6%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 148mg 6%

Total Carbohydrates 6%

Dietary Fiber 4g 12%

Sugars 0g

Protein 4g 8%



Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 6%

* Percent Daily Values are based on your custom

Smart Snack Popcorn option 2

Servings: 8 (1oz servings)

Sodium 148mg **6%**

Total Carbohydrates **6%**

Dietary Fiber 4g **12%**

Sugars 0g

Protein 4g **8%**



Vitamin A 0% **Vitamin C 0%**

Calcium 0% **Iron 6%**

* Percent Daily Values are based on your custom