

Can popcorn be sold under the new nutrition standards?

Yes, popcorn is a whole grain and can meet the standard however the current popcorn recipe contains too much fat. The following recipe has been analyzed and tested for palatability while also meeting the wellness policy guidelines by reducing the amount of oil used.

***NEW* Popcorn Recipe**

Total yield: about 36 cups Servings: about 14, 2.5-cup servings (3/4 oz.)

Ingredients:

1 cup popcorn kernels

3 Tablespoons popcorn oil (plain vegetable oil or Gregg's Ready To Use Popcorn Oil)

1 teaspoon Flavacol flavoring

Directions:

Make popcorn according to the directions you have traditionally used.

Nutrition Facts

Serving size: 2.5 cups (3/4 oz)

Servings Per Batch: about 14

Calories	89 cal
Calories from fat	31 cal
Total Fat	3 g (35%)
Calories from sat. fat	5 cal
Total Saturated Fat	0.5 g (5%)
Trans Fat	0 g
Sodium	196mg
Sugar	0 g

Ingredients: Whole grain popcorn kernels, vegetable oil, Flavacol flavoring