Michigan Department of Education

 Recipe Sizing Report Sep 25, 2014

004313 - Popcorn-Sag Twnsp Schools : Sag Twnsp Schls	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 15.3 Size of Portion: 3 cups	Meat/Alt: Grains: Fruit: Vegetable: Milk:	-WG Snack

RECIPE #4313: FLAVORFUL POPCORN WITH TRANS FAT-FREE OIL

Ingredients	Measures	Instructions
905217 Popcorn premium 45 to 1, 36g..... 905218 Oil popping no trans 14g..... 905219 Seasoning popcorn btr flvrd 1.3g...	1 1/2 cups 3 Tbsp 1 tsp	Combine oil, seasoning, and popcorn kernals in popper kettle. Heat until popping ends. Empty kettle of any remaining kernals. Portion popcorn into 3 cup servings in each 2# Kraft bag. 3 cup serving weighs 22 gm or .78 oz.

*Nutrients are based upon 1 Portion Size (3 cups)

Calories	92	kcal	Cholesterol	0	mg	Sugars	0.0	g	Calcium	*0.00*	mg	34.71%	Calories from Total Fat
Total Fat	3.53	g	Sodium	128	mg	Protein	2.09	g	Iron	0.47	mg	1.93%	Calories from Saturated Fat
Saturated Fat	0.20	g	Carbohydrates	13.07	g	Vitamin A	*431.4*	IU	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat[2]	0.00	g	Dietary Fiber	2.61	g	Vitamin C	*0.0*	m					

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
[1] - denotes optional nutrient values
[2] - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

SMART SNACKS PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Recipe Nutrient Analysis Results

Smart Snacks Calculator

Successful Recipe Entry Result

Smart Snacks Product Calculator Results

Brand:
Saginaw Township Schools #4313

Product Name:
Popcorn

Serving Size:
22.00 g

First Ingredient:
Popcorn

• Your whole grain product meets all nutrient standards.

Nutrition Facts

Serving Size 22.00 g

Amount Per Serving

Calories 92 **Calories from Fat** 31.77

Total Fat (g) 3.53
- Saturated Fat (g) 0.2
- Trans Fat (g) 0

Sodium (mg) 128

Carbohydrates
- Sugars (g) 0

Vitamin D (%) NA Potassium (%) NA

Calcium (%) NA Dietary Fiber (%) NA

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.