

## Amish Country Blue Popcorn

<b>NUTRITION FACTS</b>	
Serving Size: 3 Tbsp (39g Unpopped)	
Servings per Container:	
Amount per Serving	
<b>Calories</b> 110	<b>Calories from Fat</b> 15
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	2%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 27g	9%
Dietary Fiber 7g	28%
Sugars 1g	
<b>Protein</b> 4g	
Iron 4%	
*Not a significant source of saturated fat, Vitamin A, Vitamin C, and Calcium.	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000    2,500	
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 * Carbohydrate 4 * Protein 4	

### **Ingredients:** Popcorn (blue)

**Instructions:** Pour one part oil into pan-enough to cover bottom. Preheat oil then add three parts popcorn-more or less to suit individual taste. Lower heat slightly. Agitate pan until the popcorn ceases to pop. Salt to taste. Enjoy!