

**Ratings** > **Crunch Time** On popcorn packages, nutrition information is listed for 1 ounce. The number of cups in an ounce varies by brand, so we used label information to calculate values for 2 cups for easier comparison.



Product	Rating		Nutrition Information							Pricing			Ingredients
	Nutrition	Taste	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugars (g)	Sodium (mg)	Fiber (g)	Package Size (oz.)	Price per Package	Cups per Package (approx.)	
<b>SEA SALT/ORIGINAL</b>													
 Angie's Boomchickapop Sea Salt	↓	↑	70	3.5	0.3	9.5	0	65	2.0	4.8	\$4.00	20	Popcorn, sunflower oil, sea salt.
Smartfood Delight Sea Salt	↓	↑	70	4.0	0.3	9.0	0	60	2.0	5.5	\$4.00	22	Popcorn, expeller pressed sunflower oil, salt.
Cape Cod Seaside Pop Sea Salt	↓	↑	70	4.0	0.3	7.5	0	55	1.5	4.4	\$3.70	18	Popcorn, sunflower and/or safflower oil, sea salt.
SkinnyPop Original	↓	↑	78	5.3	0.5	8.0	0	40	1.6	4.4	\$4.00	17	Popcorn, sunflower oil, salt.
Popcorn, Indiana Sea Salt	↓	↑	74	3.2	0.3	9.0	0	117	1.6	4.75	\$3.80	17	Popcorn, vegetable oil (canola, sunflower or safflower), sea salt.
<b>SWEET/CHEESY</b>													
 Angie's Boomchickapop White Cheddar	↓	NA	120	7.2	1.2	12.0	1.6	208	2.4	4.5	\$4.00	11	Popcorn, sunflower oil, whey, cheddar cheese (cultured pasteurized milk, salt, enzymes), nonfat milk, sea salt, lactic acid, natural flavor.
Smartfood Sweet & Salty Kettle Corn	↓	NA	224	9.6	0.8	32.0	17.6	176	3.2	10.5	\$4.00	14	Sugar, popcorn, canola oil, corn syrup, salt, soy lecithin, caramel color, natural flavors, rosemary extract (antioxidant), ascorbic acid (antioxidant).
 SkinnyPop Naturally Sweet	↓	NA	92	5.7	0.6	8.0	<1	57	2.3	4.4	\$4.00	16	Popcorn, sunflower oil, cane sugar, salt.
Cape Cod Seaside Pop Salted Caramel	↓	NA	80	4.7	0.3	10.7	2.7	133	2.0	NA	\$3.70	12	Popcorn, canola oil, sugar, salt, maltodextrin, butter (cream, salt), dry molasses, natural flavor, rebaudioside A, caramel color.
Cape Cod Seaside Pop White Cheddar	↓	NA	134	7.1	0.9	13.3	<1	356	1.8	NA	\$3.70	11	Popcorn, canola oil, maltodextrin, salt, whey, cheddar cheese (milk, salt, cultures, enzymes), buttermilk solids, natural flavor, cheddar cheese (pasteurized milk, cultures, salt, enzymes), soy lecithin, citric acid.
Smartfood White Cheddar Cheese	↓	NA	183	11.4	2.3	14.8	2.3	274	2.3	8.5	\$4.00	16	Popcorn, vegetable oil (corn, canola, and/or sunflower oil), cheddar cheese (milk, cheese cultures, salt, enzymes), whey, buttermilk, natural flavor, salt.
 Angie's Boomchickapop Sweet & Salty Kettle Corn	↓	NA	140	8	0.5	18	8.0	110	2	7	\$4.00	14	Popcorn, sunflower oil, dried cane sugar, sea salt.
Popcorn, Indiana Kettlecorn Sweet & Salty	↓	NA	130	5	0	21	9.0	130	2	7	\$3.80	14	Popcorn, cane sugar, vegetable oil (canola, sunflower, or safflower), salt.
Popcorn, Indiana Aged White Cheddar	↓	NA	120	8.0	0.8	11.2	1.6	224	1.6	NA	\$3.80	14	Non-GMO popcorn, non-GMO vegetable oil (canola, sunflower, or safflower), whey (milk), maltodextrin, natural cheddar cheese flavor, cheddar cheese (cultured milk, salt and enzymes), buttermilk, salt, natural blue cheese flavor, citric acid, lactic acid.
 SkinnyPop White Cheddar	↓	NA	86	5.1	0.6	8.6	0	54	1.1	4.4	\$4.00	16	Popcorn, sunflower oil, natural nondairy cheddar flavor, salt, rice flour, natural flavor, lactic acid.

**HOW WE TEST:** We evaluated five popcorn brands' sea salt or original flavor for taste and nutrition, and 10 sweet and

cheese flavors for nutrition only. To calculate nutrition scores, we used a proprietary nutrition algorithm.

Popcorns are listed in order of nutrition score. Tastings were blind.