

Popping Corn

Nutrition Facts

Serving Size: 3 Tbsp (about 36g)
Servings Per Container: about 24

AMOUNT PER SERVING		
Calories	130	Calories from Fat 15
		% Daily Value*
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat	1g	
Monounsaturated Fat	0.5g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Potassium	110mg	3%
Total Carbohydrate	25g	8%
Dietary Fiber	5g	20%
Protein	4g	
Iron		6%
Not a significant source of Sugars, 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
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Potassium		3,500mg 3,500mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

INGREDIENTS: Popcorn

Manufactured in a facility that handles milk, tree nuts, soy, peanuts, and wheat.

NET WT 30 OZ (1.88LB) 851g 

