



Kettle Corn

Nutrition Facts

Serving Size 1 Bag (67g)
 Makes about 10.5 cups popped
 Servings per Carton 18

AMOUNT PER SERVING	1 BAG UNPOPPED	1 BAG UNPOPPED	1 BAG POPPED
Calories		300	250
Calories from Fat		130	110
% Daily Value*			
Total Fat 15g, 12g		23%	18%
Saturated Fat 2.5g, 2g		13%	10%
Trans Fat 0g, 0g			
Polyunsaturated Fat 3g, 2.5g			
Monounsaturated Fat 8g, 6g			
Cholesterol 0mg, 0mg		0%	0%
Sodium 590mg, 490mg		25%	20%
Total Carbohydrate 37g, 31g		12%	10%
Dietary Fiber 7g, 6g		28%	24%
Sugars 0g, 0g			
Protein 5g, 4g			
Calcium		2%	2%
Iron		8%	6%

Not a significant source of Vitamin A and Vitamin C.

*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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

FULL BAG POPPED

CALORIES.....250
 CALORIES FROM FAT.....110

TOTAL FAT.....12g
 SATURATED FAT.....2g
 TRANS FAT.....0g
 POLYUNSATURATED FAT.....2.5g
 MONOUNSATURATED FAT.....6g
 CHOLESTEROL.....0mg

100% WHOLE GRAIN

GOOD SOURCE OF FIBER

NATURALLY GLUTEN AND SUGAR FREE

INGREDIENTS:

Popcorn, Canola Oil, Salt.

Contains 2% or less of the following: Natural & Artificial Flavor, Sucralose, TBHQ and Citric Acid to preserve freshness, Hydrogenated Vegetable Oil (corn, cottonseed, soybean or sunflower).

Contains milk ingredients.