



Popping Corn

Nutrition Facts

Serving Size: 3 Tbsp (about 36g)

Servings Per Container: about 38

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

INGREDIENTS:

Popcorn.

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

CHOLESTEROL FREE **ALL NATURAL**

100% WHOLE GRAIN **HIGH FIBER**

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