

Popcorn

Nutrition Facts

Serving Size: 100g
 Serving per Container: N/A

Amount per Serving

Calories	375	Calories from Fat:	
		% Daily Value *	
Total Fat	4 g		7 %
Saturated Fat	1 g		3 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	7 mg		0 %
Total Carbohydrates	73 g		24 %
Dietary Fiber	13 g		51 %
Sugars	1 g		
Protein	11 g		

Vitamin A	~%	Vitamin C	~ %
Calcium	1%	Iron	17 %

* Percent Daily Values are based on a 2,000 calorie diet.
 Your daily values may be higher or lower depending on
 calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram			
	Fat	9	Carbohydrates 4 Protein 4

Ingredients: Unpopped popcorn kernels

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.