Nutrition Facts

Serving Size 1/3 bag (30g) unpopped Servings per Package about 3

		1/3 bag	1 cup
Amount Per	r Serving	Unpopped	Popped
Calories		14	30
Calories fron	n Fat	8	0 15
		% Daily Value*	
Total Fat 9g		14%	6 3%
Saturated Fat 2g		10%	6 2 %
Trans Fat 3.5	5 g		
Cholesterol 0mg		0%	6 0%
Sodium 300mg		12 %	6 3%
Total Carbohydrate 16g		5%	6 1%
Dietary Fiber 3g		12%	6 4%
Protein 2g			
I			
Iron		49	6 0%
Not a significar		Sugars,	<u>6 0%</u>
		Sugars,	<u>6 0%</u>
Not a significar	min C and ca	Sugars, alcium.	
Not a significar Vitamin A, Vita	min C and caused of	Sugars, alcium. on a 2,000 calori	e diet.
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