

Nutrition Facts

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

| Amount Per Serving | 1/3 bag | 1 cup |
|--------------------|----------|--------|
| | Unpopped | Popped |
| Calories | 140 | 30 |
| Calories from Fat | 80 | 15 |

| % Daily Value* | | |
|-------------------------------|------------|-----------|
| Total Fat 9g | 14% | 3% |
| Saturated Fat 2g | 10% | 2% |
| Trans Fat 3.5g | | |
| Cholesterol 0mg | 0% | 0% |
| Sodium 300mg | 12% | 3% |
| Total Carbohydrate 16g | 5% | 1% |
| Dietary Fiber 3g | 12% | 4% |
| Protein 2g | | |
| Iron | 4% | 0% |

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