

# Nutrition Facts

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

Amount Per Serving	1/3 bag	1 cup
	Unpopped	Popped
<b>Calories</b>	120	30
Calories from Fat	45	10

% Daily Value*		
<b>Total Fat</b> 5g	7%	2%
Saturated Fat 1g	6%	1%
Trans Fat 2g		
<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 320mg	14%	1%
<b>Total Carbohydrate</b> 17g	6%	1%
Dietary Fiber 3g	13%	4%
<b>Protein</b> 2g		
<b>Iron</b>	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