

# Nutrition Facts

Serving size 2 Tbsp unpopped (30g)  
(about 4 cups popped)

Servings per container 7.6 (2.5 per Bag)

Amount per serving	2 Tbsp Unpopped	Per Cup Popped
<b>Calories</b>	<b>140</b>	<b>36</b>
<b>Calories from fat</b>	<b>75</b>	<b>20</b>
	<b>% Daily Value**</b>	
<b>Total Fat 8g*</b>	<b>13%</b>	<b>4%</b>
Saturated Fat 1.8g	<b>9%</b>	<b>3%</b>
Trans Fat 3g		
<b>Cholesterol 0g</b>	<b>0%</b>	<b>0%</b>
<b>Sodium 178mg</b>	<b>9%</b>	<b>2%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>	<b>1%</b>
Dietary Fiber 5g	<b>20%</b>	<b>5%</b>
Sugars 0g		
<b>Protein 3g</b>		
<b>Iron</b>	<b>3%</b>	<b>0%</b>

Not a significant source of Sugars, Vitamin A, Vitamin C, or Calcium

Amount in unpopped. As popped one cup provides 2g of total fat (0.5g of saturated and 0.5g trans fat), 0 mg cholesterol, 63 mg sodium, 4.5g carbohydrate (1.5g fiber), and 0g protein.

\* 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

Calories per gram:

1g of Fat = 9 Cal. • 1g of Carbohydrate = 4 Cal. •

1g of Protein = 4 Cal.