

# Nutrition Facts

Serving size as packed 30g

4 cups popped

Servings per container 8

Amount per serving	As Packaged	Per Cup Popped
<b>Calories</b>	150	36
Calories from fat	80	20

% Daily Value\*\*

<b>Total Fat</b> 9g, 2.0g*	14%	3.5%
Saturated Fat 2g, 0.5g*	10%	3%
Trans Fat 3.0g, 0.5g*		
<b>Cholesterol</b> 0, 0*	0%	0%
<b>Sodium</b> 150mg, 37mg*	6%	1.5%
<b>Total Carbohydrate</b> 18g, 4.5g*	6%	1.4%
Dietary Fiber 5g, 1.5g*	20%	5%
Sugars 0g, 0g*		

**Protein** 3g, <1g\*

Vitamin A 0% 0%\* • Vitamin C 0% 0%\*

Calcium 0% 0%\* • Iron 3% 0.75%\*

\* Amount per popped cup

\*\* 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.