

# Nutrition Facts

Serving size as packed 2 Tbsp (30g)

4 cups popped

Servings per container 8

| Amount per serving                 | As Packaged | Per Cup Popped |
|------------------------------------|-------------|----------------|
| <b>Calories</b>                    | 150         | 32             |
| Calories from fat                  | 80          | 18             |
| <b>% Daily Value**</b>             |             |                |
| <b>Total Fat</b> 9g, 2g*           | <b>14%</b>  | <b>3%</b>      |
| Saturated Fat 2g, 0g*              | <b>10%</b>  | <b>2%</b>      |
| Trans Fat 3g, 0.7g*                |             |                |
| <b>Cholesterol</b> 0g, 0g*         | <b>0%</b>   | <b>0%</b>      |
| <b>Sodium</b> 255mg, 40mg*         | <b>11%</b>  | <b>2%</b>      |
| <b>Total Carbohydrate</b> 16g, 4g* | <b>5%</b>   | <b>1%</b>      |
| Dietary Fiber 4g, 1g*              | <b>16%</b>  | <b>3%</b>      |
| Sugars 0g, 0*                      |             |                |
| <b>Protein</b> 2g, <1g*            |             |                |

Vitamin A 1% 0%\* • Vitamin C 2% 0%\*

Calcium 0% 0%\* • Iron 3% 0%\*

\* 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.