

# Nutrition Facts

Serving Size 1/3 bag (39g) unpopped  
 Servings per Package about 3

| Amount Per Serving | 1/3 bag  | 1 cup  |
|--------------------|----------|--------|
|                    | Unpopped | Popped |
| <b>Calories</b>    | 232      | 42     |
| Calories from Fat  | 137      | 12     |

| % Daily Value*                |            |           |
|-------------------------------|------------|-----------|
| <b>Total Fat</b> 14g          | <b>23%</b> | <b>5%</b> |
| Saturated Fat 4g              | <b>17%</b> | <b>3%</b> |
| Trans Fat 5g                  |            |           |
| <b>Cholesterol</b> 0mg        | <b>0%</b>  | <b>0%</b> |
| <b>Sodium</b> 335mg           | <b>14%</b> | <b>1%</b> |
| <b>Total Carbohydrate</b> 18g | <b>6%</b>  | <b>1%</b> |
| Dietary Fiber 3g              | <b>12%</b> | <b>4%</b> |
| <b>Protein</b> 2g             |            |           |
| <b>Iron</b>                   | <b>8%</b>  | <b>4%</b> |

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