

Nutrition Facts

Serving Size 1/3 bag (33g) unpopped
 Servings per Package about 3

Amount Per Serving	1/3 bag	1 cup
	Unpopped	Popped
Calories	195	35
Calories from Fat	115	20

% Daily Value*		
Total Fat 12g	19%	4%
Saturated Fat 3g	14%	2%
Trans Fat 5g		
Cholesterol 0mg	0%	0%
Sodium 320mg	14%	1%
Total Carbohydrate 15g	5%	1%
Dietary Fiber 2.5g	10%	3%
Protein 2g		
Iron	7%	3%

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