

Nutrition Facts

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

Amount Per Serving	1/3 bag	1 cup
	Unpopped	Popped
Calories	232	42
Calories from Fat	137	12

% Daily Value*		
Total Fat 14g	23%	5%
Saturated Fat 4g	17%	3%
Trans Fat 5g		
Cholesterol 0mg	0%	0%
Sodium 381mg	17%	1%
Total Carbohydrate 18g	6%	1%
Dietary Fiber 3g	12%	4%
Protein 2g		
Iron	8%	4%

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