Organic Popcorn

Nutrition Facts

Serving Size: 1 oz (32g)
Servings Per Container: 4

Amount Per Serving

Calories 60	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 250mg	**10**%
Total Carbohydrate 14g	**5**%
Dietary Fiber 3g	**12**%
Sugars 0g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 4%

* 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

INGREDIENTS: POPCORN KERNELS UNPOPPED , SALT, CANOLA OIL, SOYBEAN OIL

CONTAINS: MILK, SOY

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