Popcorn

Calories 375 Calories from Fat:	Serving Size: Serving per Container	100g : N/A				
Total Fat	Amount per Serving					
Total Fat	Calories	375	Calories fro	om Fa	at:	
Saturated Fat 1 g 3 % Trans Fat 0 g 0 % Cholesterol 0 mg 0 % Sodium 7 mg 0 % Total Carbohydrates 73 g 24 % Dietary Fiber 13 g 51 % Sugars 1 g 7 Protein 11 g 7 Vitamin A ~% Vitamin C ~% Calcium 1% Iron 17 % * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g 9 Sat Fat Less than 20 g 25 g 9 Cholesterol Less than 300 mg 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g			% E	aily	Value *	
Saturated Fat 1 g 3 % Trans Fat 0 g Cholesterol 0 mg 0 % Sodium 7 mg 0 % Total Carbohydrates 73 g 24 % Dietary Fiber 13 g 51 % Sugars 1 g Protein 11 g Vitamin A ~% Vitamin C ~ % Calcium 1% Iron 17 % * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Total Fat	4	g		7	%
Cholesterol 0 mg 0 % Sodium 7 mg 0 % Total Carbohydrates 73 g 24 % Dietary Fiber 13 g 51 % Sugars 1 g Protein 11 g Vitamin A ~% Vitamin C ~ % Calcium 1% Iron 17 % * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg 2,400 mg 375 g	Saturated Fat				3	%
Cholesterol 0 mg 0 % Sodium 7 mg 0 % Total Carbohydrates 73 g 24 % Dietary Fiber 13 g 51 % Sugars 1 g Protein 11 g Vitamin A ~% Vitamin C ~ % Calcium 1% Iron 17 % * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Trans Fat					
Total Carbohydrates	Cholesterol				0	%
Dietary Fiber 13 g 51 % Sugars 1 g Protein 11 g Vitamin A ~% Vitamin C ~ % Calcium 1% Iron 17 % * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Sodium	7	mg		0	%
Sugars 1 g Protein 11 g Vitamin A ~% Vitamin C ~% Calcium 1% Iron 17 % * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g		73	g		24	%
Vitamin A ~% Vitamin C ~ % Calcium 1% Iron 17 % * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Dietary Fiber	13	g		51	%
Vitamin A ~% Vitamin C ~ % Calcium 1% Iron 17 % * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g						
Calcium 1% Iron 17 % * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Protein	11	g			
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Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Calcium	1%	Iron		17	%
Calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g						
Calories: 2,000 2,500 Total Fat Less than 65 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g		be inglier of	lower depen	umy	OII	
Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	calone needs.	Calories:	2,000		2,500	
Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Total Fat	Less than	65	g	80	g
Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Sat Fat	Less than	20	g	25	g
Total Carbohydrates 300 g 375 g	Cholesterol	Less than	300	mg	300	mg
	Sodium	Less than	2,400	mg	2,400	mg
Dietary Fiber 25 g 30 g			300	g	375	g
	Dietary Fiber		25	g	30	g

Ingredients:

Unpopped popcorn kernels

^{*}The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.