

Nutrition Facts

Amount Per Serving		As Pkgd/2 Tbsp. Unpopped
Calories	140	Calories from Fat 80
% Daily Value *		
Total Fat	9g	14%
Saturated Fat	7g	37%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	390mg	16%
Total Carbohydrate	17g	6%
Dietary Fiber	3g	13%
Sugar	<1g	
Protein	3g	
Vitamin A 40% • 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 Carbohydrates		300g	375g	
Dietary Fiber		25g	30g	

Ingredients:

100% Whole Grain Popcorn.