

Kettle Corn

Nutrition Facts

Serving Size: 1/3 bag (28g) unpopped
 Servings Per Bag: 3

Amount Per Serving	1/3 bag unpopped	1 cup popped
Calories	150	40
Calories From Fat	90	25
% Daily Value**		
Total Fat 10g	15%	4%
Saturated Fat 2g	10%	3%
Trans Fat 4g		
Sodium 200mg	8%	2%
Total Carbohydrate 13g	4%	1%
Dietary Fiber 3g	12%	4%
Sugars 0g		
Protein 2g		
Iron	2%	0%

Not a significant source of Cholesterol, 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
Saturated 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

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

Ingredients for Kettle Corn Microwave

Popcorn: Gourmet popcorn, partially hydrogenated soybean oil, salt, sucralose.

**Contains: Soy