

# Yellow Popping Corn

## Nutrition Facts

Serving Size: 2 tbsp (30g)  
 Servings Per Container: Varies

**Amount Per Serving**

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**Calories** 110                      **Calories from Fat** 10

|                               | % Daily Value** |
|-------------------------------|-----------------|
| <b>Total Fat</b> 1.5g         | <b>2%</b>       |
| Saturated Fat 0g              | <b>0%</b>       |
| Trans Fat 0g                  |                 |
| <b>Cholesterol</b> 0mg        | <b>0%</b>       |
| <b>Sodium</b> 0mg             | <b>0%</b>       |
| <b>Total Carbohydrate</b> 22g | <b>7%</b>       |
| Dietary Fiber 5g              | <b>20%</b>      |
| Sugars 1g                     |                 |

**Protein** 3g

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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     |       |
| 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:** Gourmet Popcorn