

Kettle Corn Microwave

Nutrition Facts

Serving Size: 1 Bag (66g) unpopped
 Makes about 9 1/2 cups popped
 Servings Per Carton: 18

AMOUNT PER SERVING	1 BAG	1 BAG
1 BAG UNPOPPED, POPPED	UNPOPPED	POPPED

Calories	300	260
Calories from Fat	130	110

	% Daily Value*	
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Total Fat 15g, 13g	23%	20%
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Saturated Fat 2.5g, 2g	13%	10%
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Trans Fat 0g, 0g		
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Polyunsaturated Fat 3g, 3g		
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Monounsaturated Fat 8g, 7g		
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Cholesterol 0mg, 0mg	0%	0%
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Sodium 580mg, 500mg	24%	21%
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Total Carbohydrate 40g, 35g	13%	12%
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Dietary Fiber 6g, 5g	24%	20%
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Sugars 0g, 0g		
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Sugar Alcohol 4g, 3g		
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Protein 5g, 4g		
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Calcium	2%	2%
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Iron	8%	6%
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Not a significant source of Vitamin A and Vitamin C.

*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

FULL BAG POPPED

CALORIES 260

CALORIES FROM FAT..... 110

TOTAL FAT13g

SATURATED FAT2g

TRANS FAT0g

POLYUNSATURATED FAT3g

MONOUNSATURATED FAT7g

CHOLESTEROL.....0mg

MADE WITH WHOLE GRAIN POPCORN

GLUTEN FREE

INGREDIENTS:

Popcorn, Canola Oil, Isomalt,
 Salt, Hydrogenated Cottonseed
 Oil, Natural and Artificial
 Flavor, Sucralose, TBHQ
 for freshness.

Contains Milk ingredients.

NET WT 42 OZ (2.62 LBS) 1.19kg

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