

8 / 6 lb bags

12 / 3 lb bags

Nutrition Facts

Serving size as packed 2 Tbsp (30g)
5 cups popped
Servings per container 8

Amount per serving	As Packaged	Per Cup Popped
Calories	160	40
Calories from fat	90	20
% Daily Value**		
Total Fat 10g, 2.5g*	15%	4%
Saturated Fat 2g, 0.5g*	10%	3%
Trans Fat 3g, .5g		
Cholesterol 0, 0*	0%	0%
Sodium 340mg, 85mg*	14%	3%
Total Carbohydrate 17g, 4g*	6%	1.5%
Dietary Fiber 5g, 1.5g*	20%	5%
Sugars 0g, 0g*		
Protein 3g, <1g*		
Vitamin A 12% 3%* • Vitamin C 2% 0%*		
Calcium 0% 0%* • Iron 6% 1%*		

* Amount per popped cup

** 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

Calories per gram:

1g of Fat = 9 Cal. • 1g of Carbohydrate = 4 Cal. •
1g of Protein = 4 Cal.

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Calories per gram:

1g of Fat = 9 Cal. • 1g of Carbohydrate = 4 Cal. •
1g of Protein = 4 Cal.

12 / 4 Mini

Nutrition facts

Serving size as packaged 2 tbsp, 33 g

5 cups popped

Servings per container 4

Amount per serving

	as packaged	per cup popped
Calories	160	40
Calories from fat	90	25
% Daily value**		
Total fat 10g, 2.5g*	15%	4%
Saturated fat 2g, .5g*	10%	3%
Trans fat 3.5g, .8g		
Cholesterol 0, 0*	0%	0%
Sodium 340mg, 85mg*	12%	
Total		
Carbohydrates 17g, 4g	6%	1.4%
Dietary fiber 5g, 1.5g	20%	5%
Sugars 0g, 0*		
Protein 3g		
Vitamin A 22% 4.5% RDA		Vitamin C 2% - .5%
Calcium 0% 0%		Iron 6% - 1.5%

* amount per popped cup

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lower depending on your calorie needs.

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Sat. Fat	Less than	20g	25g
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1g of Protein = 4 Cal.