

12 / 4 Mini

12 / 3 Lbs bag

Nutrition Facts

Serving Size as packed 2 Tbsp (33g)
5 cups popped
Servings per container 4

Amount Per Serving	As Packaged	Per Cup Popped
Calories	98	15
Calories from Fat	18	2
% of Daily Value**		
Total Fat 1.8g,	0.25%	.05%
Saturated Fat 0.56g	2.5%	0.5%
TransFat 0g		
Cholesterol 0g*	0%	0%
Sodium 295mg	12%	2%
Total		
Carbohydrate 20g*	6.5%	1%
Dietary Fiber 5g	20%	3%
Sugars 0.0g*		

Protein 3g

Vitamin A 8% • **Vitamin C** 2% 0%
Calcium 0% 0% • **Iron** 3% 0%

Calories per gram:

1g of Fat = 9 Cal. • 1g of Carbohydrate = 4 Cal.
1g of Protein = 4 Cal. • 1g of Salitrim = 5 Cal.

Nutrition Facts

Serving size as packed 2 Tbsp (30g)
5 cups popped
Servings per container 7.5

Amount per serving	As Packaged	Per Cup Popped
Calories	100	15
Calories from fat	20	2
% Daily Value**		
Total Fat 2g*	3%	0%
Saturated Fat 0.5g	2.5%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 290mg, 38mg*	12%	2%
Total Carbohydrate 20g*	7%	1%
Dietary Fiber 5g, 1g*	20%	3%
Sugars 0g, 0g*		
Protein 3g, <1g*		

Vitamin A 8% 2%* • **Vitamin C** 0% 0%*
Calcium 0% 0%* • **Iron** 2% 0%*

* 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. • 1g Salitrim = 5 Cal.