

8 / 6 lbs bags

12 / 3 lbs bags

## Nutrition Facts

Serving size as packed 2 Tbsp (30g)  
4 cups popped  
Servings per container 16

| Amount per serving                 | % Daily Value** |                |
|------------------------------------|-----------------|----------------|
|                                    | As Packaged     | Per Cup Popped |
| <b>Calories</b>                    | 150             | 35             |
| <b>Calories from fat</b>           | 80              | 20             |
|                                    | % Daily Value** |                |
| <b>Total Fat</b> 9g, 2g*           | 14%             | 3%             |
| Saturated Fat 2g, 0.5g*            | 10%             | 3%             |
| Trans Fat 3g, .5g                  |                 |                |
| <b>Cholesterol</b> 0, 0*           | 0%              | 0%             |
| <b>Sodium</b> 350mg, 80mg*         | 16%             | 4%             |
| <b>Total Carbohydrate</b> 18g, 4g* | 6%              | 1.5%           |
| Dietary Fiber 5g, 1g*              | 20%             | 4%             |
| Sugars 0g, 0g*                     |                 |                |
| <b>Protein</b> 3g, <1g*            |                 |                |

Vitamin A 9% 1.8%\* • 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.

## Nutrition Facts

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

| Amount per serving                 | % Daily Value** |                |
|------------------------------------|-----------------|----------------|
|                                    | As Packaged     | Per Cup Popped |
| <b>Calories</b>                    | 150             | 35             |
| <b>Calories from fat</b>           | 80              | 20             |
|                                    | % Daily Value** |                |
| <b>Total Fat</b> 9g, 2g*           | 14%             | 3%             |
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| <b>Sodium</b> 350mg, 80mg*         | 16%             | 4%             |
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| <b>Protein</b> 3g, <1g*            |                 |                |

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| Dietary Fiber      |           | 25g     | 30g     |

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1g of Protein = 4 Cal.