

NUTRITIONAL FACTS

Amish Country

Microwave Popcorn

Sweet Kettle Corn

Nutrition Facts

Serving Size 2 TBSP (33g)

Servings per container 3

Amount Per Serving

Calories 165

Fat Calories 80

% Daily Value*

Total Fat 9g 14%

Sat. Fat 4.5g 23%

Trans Fat 0g

Cholest. 0mg 0%

Sodium 150mg 6%

Total Carb. 18g 6%

Fiber 3g 12%

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on 2,000 calorie diet.

*Amount Per 1 Cup Popped

**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:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: POPCORN, PALM OIL, SALT, NATURAL AND ARTIFICIAL BUTTER FLAVOR, SOY LECITHIN, SUCRALOSE.

Allergen Information: May Contain Milk & Soy.

Butter

Nutrition Facts

Serving Size 2 TBSP (33g)

Servings per container 3

Amount Per Serving

Calories 160

Fat Calories 70

% Daily Value*

Total Fat 8g 12%

Sat. Fat 4g 20%

Trans Fat 0g

Cholest. 0mg 0%

Sodium 340mg 14%

Total Carb. 20g 7%

Fiber 3g 12%

Sugars 0g

Protein 3g

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on 2,000 calorie diet.

*Amount Per 1 Cup Popped

**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:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: POPCORN, PALM OIL, SALT, NATURAL AND ARTIFICIAL BUTTER FLAVOR, SOY LECITHIN, AND BETA CAROTENE FOR COLOR

Allergen Information: Dairy and Soy Ingredients.

NUTRITIONAL FACTS

Amish Country

Microwave Popcorn

Lite Natural

Nutrition Facts

Serving Size 2 TBSP (33g)

Servings per container 3

Amount Per Serving

Calories 140

Fat Calories 45

% Daily Value*

Total Fat 5g 8%

Sat. Fat 2g 10%

Trans Fat 0g

Cholest. 0mg 0%

Sodium 290mg 12%

Total Carb. 20g 7%

Fiber 3g 12%

Sugars <1g

Protein 3g

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on 2,000 calorie diet.

*Amount Per 1 Cup Popped

**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

INGREDIENTS: POPCORN, PALM OIL, SALT.

Allergen Information: Dairy and Soy Ingredients.

Dist. by: Amish Country Popcorn, Inc.

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www.amishcountrypopcorn.com