

# NUTRITIONAL FACTS

Farmer Jon's

## 20 3.5oz Bags Virtually Hulless Popcorn

### Nutrition Facts

Serving Size 3 Tbsp (29g)

Servings Per Bag About 3

Amount per serving	As Packaged
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<b>Calories</b>	120
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Calories from Fat	40
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**% Daily Value\***

<b>Total Fat</b> 4.5g	<b>7%</b>
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<b>Saturated Fat</b> 2g	<b>7%</b>
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<b>Trans Fat</b> 0g	
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<b>Cholesterol</b> 0mg	<b>0%</b>
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<b>Sodium</b> 250mg	<b>11%</b>
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<b>Total Carbohydrates</b> 17g	<b>6%</b>
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<b>Dietary Fiber</b> 4g	<b>14%</b>
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<b>Sugars</b> 0g	
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<b>Protein</b> 2g	
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Vitamin A	0%
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Vitamin C	0%
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Calcium	0%
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Iron	4%
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\* 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	
Protein		50g	65g	

Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4

**Ingredients:** Popping Corn, Palm Oil, Salt, Artificial and Natural Flavors, Color Added.

Manufactured for **Farmer Jon's Popcorn** · Breda, Iowa 51436