

NUTRITIONAL FACTS

Farmer Jon's Popcorn

Nutrition Facts

Serving Size 3 Tbsp (33g)

Servings Per Bag About 3

Amount per serving	As Packaged
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Calories	140
Calories from Fat	85

	% Daily Value*
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Total Fat 8g	13%
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Saturated Fat 3g	10%
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Trans Fat 0g	
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Cholesterol 0mg	0%
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Sodium 250mg	11%
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Total Carbohydrates 16g	6%
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Dietary Fiber 4g	16%
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Sugars 0g	
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Protein 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, Sucralose.

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

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Nutrition Facts	
Serving Size 3 Tbsp (33g)	
Servings Per Bag About 3	
Amount per serving	As Packaged
Calories	150
Calories from Fat	85
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 5g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carbohydrates 15g	5%
Dietary Fiber 4g	17%
Sugars 0g	
Protein 2g	

Vitamin A	0%		
Vitamin C	0%		
Calcium	0%		
Iron	4%		
* 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 • Carbohydrates 4 • Protein 4			

Ingredients: Popcorn, Palm Oil, Salt, Natural and Artificial Flavors, Color (Annatto Extract). **Contains: Milk**

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Servings Per Bag About 3	
Amount per serving	As Packaged
Calories	140
Calories from Fat	70
	% Daily Value*
Total Fat 8g	13%
Saturated Fat 3g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrates 16g	6%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 2g	

Vitamin A	0%		
Vitamin C	0%		
Calcium	0%		
Iron	4%		
* 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: White Popping Corn, Palm Oil, Salt.
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