

# NUTRITIONAL FACTS

FARMER JON'S POPCORN

(6) 16oz Caramel Apple Jars

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving Size</b>	<b>1 Cup (2 oz)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 23g	
Includes 23g of Added Sugars	<b>46%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 0.9mg	0%
Iron 0.25mg	1%
Potassium 45mg	1%
* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advise.	
<b>INGREDIENTS:</b> BROWN SUGAR, POPCORN, CORN SYRUP, CORN OIL, SALT, BUTTER (PASTEURIZED CREAM, NATURAL FLAVORING), DEXTROSE, ARTIFICIAL FLAVOR, MALIC ACID, FD&C YELLOW #5 (E102), FD&C BLUE #1 (E133).	
<b>CONTAINS:</b> MILK	
Manufactured by: Farmer Jon's Popcorn Company Breda, Iowa 51436 · <a href="http://www.farmerjonspopcorn.com">www.farmerjonspopcorn.com</a>	