

# NUTRITIONAL FACTS

FARMER JON'S POPCORN

## Popcorn Kernels

White (1-lb)

<b>Nutrition Facts</b>	
11 Servings per Container	
Serving Size 3 tbsp. (39g unpopped)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 7g	<b>28%</b>
Total Sugars 1g	
Includes 0g of Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 31mg	1%

\* The % Daily Value (DV) 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.

**INGREDIENTS:** White popcorn kernels