

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Homestyle Butter

Microwave Bags (3.5-oz)

Nutrition Facts	
About 3 servings per container	
Serving Size (Unpopped) 3 Tbsp (33g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g of Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0.9mg	0%
Iron 1mg	6%
Potassium 65mg	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: Popping Corn, Palm Oil, Sea Salt, Butter, All Natural Butter Flavor, Color (Annatto Extract).
CONTAINS: Milk

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Extra Butter

Microwave Bags (3.5-oz)

Nutrition Facts	
About 3 servings per container	
Serving Size (Unpopped) 3 Tbsp (33g)	
Amount per serving	
Calories	155
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 325mg	14%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g of Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	5%
Potassium 59mg	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: Popping Corn, Palm Oil, Salt, Natural & Artificial Flavors, Color (Annatto Extract).

CONTAINS: Milk

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Extreme Butter

Microwave Bags (3.5-oz)

Nutrition Facts

About 3 servings per container

Serving Size (Unpopped) 3 Tbsp (33g)

Amount per serving

Calories 170

% Daily Value*

Total Fat 12g 15%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 400mg 17%

Total Carbohydrate 13g 5%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g of Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 1mg 5%

Potassium 80mg 2%

* 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 advice.

Ingredients: Popping Corn, Palm Oil, Salt, Natural & Artificial Flavors, Coloring. **CONTAINS:** Milk

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Kettle

Microwave Bags (3.5-oz)

Nutrition Facts				
Serving Size 3 Tbsp (33g)				
Servings Per Bag About 3				
Amount per serving		As Packaged		
Calories	140			
Calories from Fat	85			
		% 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: Popping Corn, Palm Oil, Salt, Artificial and Natural Flavors, Sucralose.

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

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Light Butter

Microwave Bags (3.5-oz)

Nutrition Facts

Serving Size 3 Tbsp (29g)

Servings Per Bag About 3

Amount per serving	As Packaged
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Calories	120
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Calories from Fat	40
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	% Daily Value*
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Total Fat 4.5g	7%
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Saturated Fat 2g	7%
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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 17g	6%
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Dietary Fiber 4g	14%
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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, Color Added.

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

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Movie Theater

Microwave Bags (3.5-oz)

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