

# NUTRITIONAL FACTS

FARMER JON'S POPCORN

## 2 Pack Caramel Virtually Hullless Popped

<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>
Trans Fat 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>4%</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	0%
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 advice.	
<b>INGREDIENTS:</b> BROWN SUGAR, CARAMEL (PASTEURIZED CREAM, NATURAL FLAVORING), POPCORN, CORN SYRUP, CORN OIL, SALT.	
<b>CONTAINS:</b> MILK	
Manufactured by: Farmer Jon's Popcorn Company Breda, Iowa 51436 · <a href="http://www.farmerjonspopcorn.com">www.farmerjonspopcorn.com</a>	

# NUTRITIONAL FACTS

FARMER JON'S POPCORN

## 2 Pack Caramel Virtually Hullless Popped Chocolate Hazelnut

<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>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>10%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 30g	
Includes 30g of Added Sugars	<b>60%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium 45mg	1%
<small>* 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.</small>	
<small>INGREDIENTS: POPCORN, BROWN SUGAR, CORN SYRUP, CORN OIL, SALT, CHOCOLATE HAZELNUT SPREAD, CANOLA AND/OR SOYBEAN OIL, WATER, SALT, HYDROGENATED SOYBEAN OIL, MONO AND DIGLYCERIDES, SOY LECITHIN (PRESERVATIVE), ARTIFICIAL BUTTER FLAVOR, CITRIC ACID, BETA CAROTENE (COLOR), VITAMIN A PALMITATE.</small>	
<small>CONTAINS: MILK, NUTS &amp; SOY</small>	
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## 2 Pack Caramel Virtually Hullless Popped

# NUTRITIONAL FACTS

FARMER JON'S POPCORN

## Cookies N Cream

<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>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>10%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 30g	
Includes 30g of Added Sugars	<b>60%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.36mg	2%
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 advice.

**INGREDIENTS:** POPCORN, BROWN SUGAR, CORN SYRUP, CORN OIL, SALT, CANOLA AND/OR SOYBEAN OIL, WATER, SALT, HYDROGENATED SOYBEAN OIL, ENRICHED FLOUR, SUGAR, VEGETABLE SHORTENING, COCOA POWDER, BAKING SODA, MONO AND DIGLYCERIDES, SOY LECITHIN (PRESERVATIVE), ARTIFICIAL BUTTER FLAVOR, CITRIC ACID, BETA CAROTENE (COLOR), VITAMIN A PALMITATE.

**CONTAINS:** MILK & SOY

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# NUTRITIONAL FACTS

FARMER JON'S POPCORN

## 2 Pack Caramel Virtually Hullless Popped Peanut Butter

<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>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>10%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 30g	
Includes 30g of Added Sugars	<b>60%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium 45mg	1%
<small>* 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.</small>	
<b>INGREDIENTS:</b> POPCORN, BROWN SUGAR, CORN SYRUP, CORN OIL, SALT, PEANUT BUTTER, CANOLA AND/OR SOYBEAN OIL, WATER, SALT, HYDROGENATED SOYBEAN OIL, MONO AND DIGLYCERIDES, SOY LECITHIN (PRESERVATIVE), ARTIFICIAL BUTTER FLAVOR, CITRIC ACID, BETA CAROTENE (COLOR), VITAMIN A PALMITATE.	
<b>CONTAINS:</b> MILK, NUTS & SOY	
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