

# NUTRITIONAL FACTS

FARMER JON'S

14.5-oz Jars Virtually Hulled Caramel Popcorn

3RD GENERATION  
POPCORN FARMER

MADE FRESH DAILY

FAMILY RECIPE

PRESERVATIVE FREE

Manufactured by: Farmer Jon's Popcorn Company  
Breda, Iowa 51436 - www.farmerjonspopcorn.com



0 25788 70160 4

100% WHOLE GRAIN



**CHOCOLATE COVERED  
Caramel**

NET WT. 15 OZ (425g)

**Nutrition Facts**  
15 servings per container  
Serving Size 1oz

Amount per serving  
**Calories 120**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 14g	
Includes 13g of Added Sugars	<b>26%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 70mg	2%

\*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: CARAMEL POPCORN (BROWN SUGAR, CARAMEL, PASTEURIZED CREAM, NATURAL FLAVORING), POPCORN, CORN SYRUP, CORN OIL, SALT, CHOCOLATEY COATING (SUGAR, PALM KERNEL OIL, COCOA POWDER (PROCESSED WITH ALKALI), NONFAT DRY MILK, WHEY POWDER, SOY LECITHIN (AN EMULSIFIER), SALT, NATURAL AND ARTIFICIAL FLAVOR), CONTAINS: MILK AND SOY.

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100% WHOLE GRAIN



**CHOCOLATE DRIZZLE  
Caramel**

NET WT. 14 OZ (396g)

**Nutrition Facts**  
14 servings per container  
Serving Size 1oz

Amount per serving  
**Calories 130**

	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 15g	
Includes 15g of Added Sugars	<b>30%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 0mg	0%
Potassium 54mg	2%

\*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: CARAMEL POPCORN (BROWN SUGAR, CARAMEL, PASTEURIZED CREAM, NATURAL FLAVORING), POPCORN, CORN SYRUP, CORN OIL, SALT, WHEAT GERM/GERM COATING (SUGAR, PALM KERNEL OIL, NONFAT MILK POWDER, LACTOSE, TOBACCO DIACETYL (AN ARTIFICIAL FLAVOR), SOY LECITHIN (AN EMULSIFIER), DISTILLED MONOGLYCERIDES, VANILLA), CHOCOLATEY COATING (SUGAR, PALM KERNEL OIL, COCOA POWDER (PROCESSED WITH ALKALI), NONFAT DRY MILK, WHEY POWDER, SOY LECITHIN (AN EMULSIFIER), SALT, NATURAL AND ARTIFICIAL FLAVOR), CONTAINS: MILK AND SOY.