

# NUTRITIONAL FACTS

FARMER JON'S POPCORN

## Apple Pie Caramel

100% WHOLE GRAIN

3RD GENERATION  
POPCORN FARMER

MADE FRESH DAILY

FAMILY RECIPE

PRESERVATIVE FREE

**FARM FRESH**



**FARMER JON'S**  
POPCORN

**APPLE PIE  
CARAMEL**

0g  
TRANS FAT  
per serving

NET WT. 16 OZ (453g)

**Nutrition Facts**  
8 servings per container  
Serving Size 1 Cup (2 oz)  
Amount per serving  
**Calories 230**  
% Daily Value\*

<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 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 20mg	2%
Iron 0.36mg	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 advice.

**INGREDIENTS:** POPCORN, BROWN SUGAR, CORN SYRUP, CORN OIL, SALT, DIMMAYN APPLE FLAVORING, CLOVES, NUTMEG, CANOLA AND/OR SOYBEAN OIL, WATER, SALT, HYDROGENATED SOYBEAN OIL, MONO AND DIGLYCERIDES, SOY LECITHIN, PRESERVATIVES, ARTIFICIAL BUTTER FLAVOR, CITRIC ACID, BETA CAROTENE (COLOR), VITAMIN A PALMITATE. **CONTAINS: MILK & SOY**

Manufactured by: Farmer Jon's Popcorn Company  
Breda, Iowa 51436 - [www.farmerjonspopcorn.com](http://www.farmerjonspopcorn.com)



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## Caramel

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**0g**  
TRANS FAT  
per serving

**FARMER JON'S**  
POPCORN

**CARAMEL**

NET WT. 16 OZ (453g)

**Nutrition Facts**  
8 servings per container  
Serving Size 1 Cup (2 oz)

Amount per serving	% Daily Value*
<b>Calories 180</b>	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 90mg</b>	<b>4%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 2g	4%
Total Sugars 23g	
Includes 23g of Added Sugars	46%
<b>Protein 1g</b>	
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.

**INGREDIENTS:** BROWN SUGAR, CARAMEL (PASTEURIZED CREAM, NATURAL FLAVORING), POPCORN, CORN SYRUP, CORN OIL, SALT.  
**CONTAINS:** MILK.

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