

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Light Butter

Nutrition Facts	
About 3 servings per container	
Serving Size (Unpopped) 3 Tbsp (33g)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 17g	6%
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 90mg	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.

Popping Corn, Palm Oil, Salt, Natural & Artificial Flavors, Color (Annatto Extract).

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Movie Theater

Nutrition Facts	
About 3 servings per container	
Serving Size (Unpepped) 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	12%
Total Carbohydrate 15g	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 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 advice.

Ingredients: Popping Corn, Palm Oil, Salt, Natural & Artificial Flavors, Color (Annatto Extract).

CONTAINS: MILK

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Extreme Butter

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	