

NUTRITIONAL FACTS

OPOPOP



Nutrition Facts

Serving size 1 tray unpopped (43g)

Amount Per Serving	1 tray 43g	20g serving
Calories	230	140
	% Daily Value*	% Daily Value*
Total Fat	12g 15%	7g 9%
Saturated Fat	11g 55%	7g 35%
Trans Fat	0g	0g
Cholesterol	0g 0%	0g 0%
Sodium	260mg 11%	160mg 7%
Total Carbohydrate	25g 9%	15g 5%
Dietary Fiber	4g 14%	2g 7%
Total Sugars	0g	0g
Includes Added Sugars	0g 0%	0g 0%
Protein	4g	2g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	4mg 0%	3mg 0%
Iron	1mg 6%	1mg 6%
Potassium	0mg 0%	0mg 0%

*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: Popcorn, Responsibly Sourced Palm Oil, Salt, Natural Flavors, Rice Syrup Solids, Mixed Tocopherols, Sucralose

Manufactured in facility that processes Milk

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Serving size 1 tray unpopped (43g)

Amount Per Serving	1 tray 43g	20g serving
Calories	220	140
	% Daily Value*	% Daily Value*
Total Fat	11g 14%	7g 9%
Saturated Fat	11g 55%	7g 35%
Trans Fat	0g	0g
Cholesterol	0g 0%	0g 0%
Sodium	350mg 15%	220mg 10%
Total Carbohydrate	25g 9%	15g 6%
Dietary Fiber	4g 14%	2g 7%
Total Sugars	0g	0g
Includes Added Sugars	0g 0%	0g 0%
Protein	4g	2g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	5mg 0%	3mg 0%
Iron	1mg 6%	1mg 6%
Potassium	0mg 0%	0mg 0%

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Ingredients: Popcorn, Responsibly Sourced Palm Oil, Salt, Natural Flavors, Rice Syrup Solids, Mixed Tocopherols, Sucralose

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Nutrition Facts

Serving size 1 tray unpopped (43g)

Amount Per Serving	1 tray 43g	28g serving
Calories	230	140
	% Daily Value*	% Daily Value*
Total Fat	12g 15%	7g 9%
Saturated Fat	11g 55%	7g 35%
Trans Fat	0g	0g
Cholesterol	0g 0%	0g 0%
Sodium	380mg 17%	240mg 10%
Total Carbohydrate	24g 9%	15g 5%
Dietary Fiber	4g 14%	2g 7%
Total Sugars	0g	0g
Includes Added Sugars	0g 0%	0g 0%
Protein	4g	2g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	6mg 0%	4mg 0%
Iron	1mg 6%	1mg 6%
Potassium	0mg 0%	0mg 0%

*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: Popcorn, Responsibly Sourced Palm Oil, Salt, Natural Butter Flavor, Mixed Tocopherols **Contains: Milk**

Manufactured in facility that processes Milk

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Nutrition Facts

Serving size 1 tray unpopped (43g)

Amount Per Serving	1 tray 43g	20g serving
Calories	230	140
	% Daily Value*	% Daily Value*
Total Fat	12g 15%	7g 9%
Saturated Fat	11g 55%	7g 35%
Trans Fat	0g	0g
Cholesterol	0g 0%	0g 0%
Sodium	380mg 17%	240mg 10%
Total Carbohydrate	24g 9%	15g 6%
Dietary Fiber	4g 14%	2g 7%
Total Sugars	0g	0g
Includes Added Sugars	0g 0%	0g 0%
Protein	4g	2g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	6mg 0%	4mg 0%
Iron	1mg 6%	1mg 6%
Potassium	0mg 0%	0mg 0%

*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: Popcorn, Responsibly Sourced Palm Oil, Salt, Mixed Tocopherols

Manufactured in facility that processes Milk