

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Movie Theater

Nutrition Facts	
About 3 servings per container	
Serving Size (Unpopped) 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

Extra Butter

Nutrition Facts	
About 3 servings per container	
Serving Size (Unpopped) 3 Tbsp (33g)	
Amount per serving	
Calories	155
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 325mg	14%
Total Carbohydrate 14g	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 59mg	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	

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Caramel



The image shows the front and back of a 12 oz (340g) bag of Farmer Jon's Caramel Popcorn. The front features a central illustration of a farmer in a hat and overalls, holding a book, surrounded by corn stalks. The text 'FARMER JON'S POPCORN' is written in a stylized font above the illustration. Below the illustration, the word 'Caramel' is written in a large, elegant script font, followed by 'GOURMET POPCORN' and 'HANDCRAFTED IN SMALL BATCHES'. A wooden bowl filled with caramel popcorn is shown at the bottom. The back of the bag features a 'Nutrition Facts' label, a 'FARMER JON'S POPCORN' logo, and a barcode.

FARM FRESH

FAMILY RECIPE

FARMER JON'S POPCORN

FRESH FROM OUR FARM TO YOUR TABLE

3RD GENERATION POPCORN FARMER

WHOLE GRAIN

0g TRANS FAT

PRESERVATIVE FREE

GLUTEN-FREE

NON-GMO KERNELS

FARMER JON'S POPCORN

Caramel

GOURMET POPCORN
HANDCRAFTED IN SMALL BATCHES

NET WT. 12 OZ (340g)

Nutrition Facts
12 servings per container
Serving size 1 oz (28g)
Amount per serving
Calories 140
% Daily Value*

Total Fat	7g	14%
Sodium	100mg	20%
Total Carbohydrate	21g	42%
Dietary Fiber	1g	2%
Total Sugar	11g	22%

Ingredients: CORN, SUGAR, POPCORN, BUTTER, COCOA, VANILLA FLAVOR, SALT, VANILLA, VANILLA EXTRACT, SODIUM LACTATE, CARAMEL, SEA SALT.

FARMER JON'S POPCORN

Manufactured for
Farmer Jon's Popcorn - 800.555.5143

www.farmerspopcorn.com

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NUTRITIONAL FACTS

FARMER JON'S POPCORN

Gingerbread



FARM FRESH

FAMILY RECIPE

FARMER JON'S POPCORN

Gingerbread

GOURMET CARAMEL POPCORN
HANDCRAFTED IN SMALL BATCHES

NET WT. 12 OZ (340g)

Nutrition Facts
12 servings per container
Serving size 1 oz. (28g)
Amount per serving
Calories 115
% Daily Value*

	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 125mg	5%
Total Carbohydrate 15g	7%
Dietary Fiber 1g	2%
Total Sugars 10g	
Includes 15g of Added Sugars	30%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 0.2mg	2%
Potassium 20mg	0%

*Percent Daily Values are based on a diet of other people's secrets.

INGREDIENTS: POPCORN, SUGAR, CORN SYRUP, CORN OIL, SALT, CINNAMON, GINGER, VANILLA, AND/OR SOYBEAN OIL, WATER, SALT, HYDROLYZED SOYBEAN OIL, MONO AND DILIGEROL, SOY LECITHIN, PRESERVATIVES, ARTIFICIAL BUTTER FLAVOR, CITRIC ACID, POTASSIUM SORBATE, RETARDER & PALMATE.

CONTAINS: MILK, SOY

FARMER JON'S POPCORN

Manufactured for
Farmer Jon's Popcorn - Etsa, Iowa 51436

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www.farmersjonspopcorn.com

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FRESH FROM OUR FARM TO YOUR TABLE

3RD GENERATION POPCORN FARMER

WHOLE GRAIN

0g TRANS FAT

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