

# NUTRITIONAL FACTS

FARMER JON'S POPCORN

## Movie Theater

<b>Nutrition Facts</b>	
About 3 servings per container	
Serving Size (Unpepped) 3 Tbsp (33g)	
Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>12%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 0g	
Includes 0g of Added Sugars	<b>0%</b>
<b>Protein</b> 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**

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FARMER JON'S POPCORN

## Extra Butter

<b>Nutrition Facts</b>	
About 3 servings per container	
Serving Size (Unpopped) 3 Tbsp (33g)	
Amount per serving	
<b>Calories</b>	<b>155</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 325mg	<b>14%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 0g	
Includes 0g of Added Sugars	<b>0%</b>
<b>Protein</b> 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.	
<b>Ingredients:</b> Popping Corn, Palm Oil, Salt, Natural & Artificial Flavors, Color (Annatto Extract).	
<b>CONTAINS: Milk</b>	

# NUTRITIONAL FACTS

FARMER JON'S POPCORN

## Extreme Butter

<b>Nutrition Facts</b>	
About 3 servings per container	
<b>Serving Size (Unpopped)</b>	<b>3 Tbsp (33g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g of Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 1mg	<b>5%</b>
Potassium 80mg	<b>2%</b>
<small>* 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.</small>	
<b>Ingredients:</b> Popping Corn, Palm Oil, Salt, Natural & Artificial Flavors, Coloring. <b>CONTAINS:</b> Milk	