

NUTRITIONAL FACTS

FARMER JON'S

Cookies & Cream Caramel

100% WHOLE GRAIN

3RD GENERATION
POPCORN FARMER

MADE FRESH DAILY

FAMILY RECIPE

PRESERVATIVE FREE

FARM FRESH



0g
TRANS FAT
per serving

FARMER JON'S
POPCORN
**COOKIES & CREAM
CARAMEL**

NET WT. 16 OZ (453g)

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

Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 38g	13%
Dietary Fiber 1g	4%
Total Sugars 30g	
Includes 30g of Added Sugars	60%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.36mg	2%
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 OIL, CORN OIL, SALT, CANOLA OIL OR SOYBEAN OIL, WATER, SALT, HYDROGENATED SOYBEAN OIL, ENRICHED FLOUR, SUGAR, VEGETABLE SHORTENING, COCOA POWDER, BAKING SODA, MONO AND DIGLYCERIDES, SOY LECTIN, PRESERVATIVE, 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.farmerspopcorn.com



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CARAMEL

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

Amount per serving	% Daily Value*
Calories 180	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 34g	11%
Dietary Fiber 2g	4%
Total Sugars 23g	
Includes 23g of Added Sugars	46%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0.8mg	0%
Iron 8.25mg	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: SUGAR, CARAMEL, HYDROLYZED CREAM, NATURAL FLAVORING, POPCORN, CORN OIL, COCOA OIL, SALT, CONTAINS WHEAT.

Manufactured by: Farmer Jon's Popcorn Company
Breda, Iowa 51406 • www.farmersonpopcorn.com

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