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 advise.

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 advise.

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 advise.

Ingredients: Popping Corn, Palm Oil, Salt, Natural & Artificial Flavors, Coloring. **CONTAINS:** Milk

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Red & Green

Nutrition Facts

1 servings per container

Serving Size **2oz (57g)**

Amount per serving

Calories **160**

	% Daily Value*
Total Fat 3.5g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 190mg	**8%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 1g	**4%**
Total Sugars 27g	
Includes 27g Added Sugars	**54%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.5mg	2%
Potassium 60mg	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 advice

INGREDIENTS: Popcorn, Brown Sugar, Margarine, Water, Corn Syrup, Salt, Soy Lecithin, Color Added (Red 40, Blue 1, Yellow 5) **CONTAINS:** Milk, Soy

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Gingerbread House

Nutrition Facts

1 servings per container

Serving Size	**2oz (57g)**
Amount per serving	
Calories	**160**
	% Daily Value*
Total Fat 3.5g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 190mg	**8%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 1g	**5%**
Total Sugars 27g	
Includes 27g Added Sugars	**53%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.5mg	2%
Potassium 60mg	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 advice

INGREDIENTS: Popcorn, Brown Sugar, Margarine, Corn Syrup, Water, Soy Lecithin, Cinnamon, Vanilla, Nutmeg, Cloves **CONTAINS:** Milk, Soy

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Hot Cocoa

Nutrition Facts

1 servings per container

Serving Size **2oz (57g)**

Amount per serving

Calories **170**

	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 200mg	**9%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 1g	**4%**
Total Sugars 27g	
Includes 27g Added Sugars	**54%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.5mg	2%
Potassium 60mg	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 advice

INGREDIENTS: Popcorn, Brown Sugar, Margarine, Salt, Corn Syrup, Water, Soy Lecithin, Hot Cocoa Powder
CONTAINS: Milk, Soy

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Caramel

Nutrition Facts

1 servings per container

Serving Size **2oz (57g)**

Amount per serving

Calories **160**

	% Daily Value*
Total Fat 3.5g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 190mg	**8%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 1g	**4%**
Total Sugars 27g	
Includes 27g Added Sugars	**54%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.5mg	2%
Potassium 60mg	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 advice

INGREDIENTS: Popcorn, Brown Sugar, Margarine, Corn Syrup, Water, Soy Lecithin **CONTAINS:** Milk, Soy