

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Single Serve Gourmet Popped

Simply White

Nutrition Facts	
1 servings per container	
Serving Size	1 Bag (18g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	9%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 20mg	0%
<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 advice</small>	
INGREDIENTS: White Popcorn, Corn Oil, Salt	

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Butter

Nutrition Facts	
1 servings per container	
Serving Size	1 Bag (18g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 20mg	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: White Popcorn, Corn Oil with Beta Carotene, Salt	

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Kettle

Nutrition Facts	
1 servings per container	
Serving Size	1 Bag (25g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	8%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 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 advice	
INGREDIENTS: Popcorn, Sugar, Corn Oil, Salt	

NUTRITIONAL FACTS

FARMER JON'S POPCORN

Salt & Pepper

Nutrition Facts	
1 servings per container	
Serving Size	1 Bag (18g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	0%
Potassium 20mg	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: White Popcorn, Corn Oil with Beta Carotene, Black Pepper, Salt	