

# NUTRITIONAL FACTS

POPFULLY

## Marshmallow Treat

<b>Nutrition Facts</b>		
about 2.5 servings per container		
<b>Serving size</b>		<b>2 tbsp (30g)</b>
	<b>2 tbsp unpopped (30g)</b>	<b>1 cup popped (10g)</b>
<b>Calories</b>	<b>150</b>	<b>50</b>
	<b>% DV*</b>	<b>% DV*</b>
<b>Total Fat</b>	9g <b>12%</b>	3g <b>4%</b>
Saturated Fat	4.5g <b>23%</b>	1.5g <b>8%</b>
Trans Fat	0g	0g
<b>Cholesterol</b>	0mg <b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	180mg <b>8%</b>	60mg <b>3%</b>
<b>Total Carbohydrate</b>	17g <b>6%</b>	6g <b>2%</b>
Dietary Fiber	3g <b>11%</b>	1g <b>4%</b>
Total Sugars	0g	0g
Incl. Added Sugars	0g <b>0%</b>	0g <b>0%</b>
<b>Protein</b>	2g	1g
Vitamin D	0mcg <b>0%</b>	0mcg <b>0%</b>
Calcium	10mg <b>0%</b>	0mg <b>0%</b>
Iron	0.6mg <b>4%</b>	0.2mg <b>2%</b>
Potassium	60mg <b>2%</b>	20mg <b>0%</b>
* 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.		
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

Popcorn, Palm Oil, Natural Flavor, Salt, Sucralose (Sweetener), Citric Acid.

MAY CONTAIN MILK AND MUSTARD

CONTAINS NO GELATIN



# NUTRITIONAL FACTS

POPFULLY

## Sea Salt Caramel

<b>Nutrition Facts</b>		
about 2.5 servings per container		
<b>Serving size</b>		<b>2 tbsp (30g)</b>
	<b>2 tbsp unpopped (30g)</b>	<b>1 cup popped (10g)</b>
<b>Calories</b>	<b>150</b>	<b>50</b>
	<b>% DV*</b>	<b>% DV*</b>
<b>Total Fat</b>	10g <b>13%</b>	3.5g <b>4%</b>
Saturated Fat	5g <b>26%</b>	1.5g <b>9%</b>
<i>Trans</i> Fat	0g	0g
<b>Cholesterol</b>	0mg <b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	390mg <b>17%</b>	130mg <b>6%</b>
<b>Total Carbohydrate</b>	16g <b>6%</b>	5g <b>2%</b>
Dietary Fiber	2g <b>8%</b>	1g <b>3%</b>
Total Sugars	0g	0g
Incl. Added Sugars	0g <b>0%</b>	0g <b>0%</b>
<b>Protein</b>	2g	1g
Vitamin D	0mcg <b>0%</b>	0mcg <b>0%</b>
Calcium	10mg <b>0%</b>	0mg <b>0%</b>
Iron	0.4mg <b>2%</b>	0.1mg <b>0%</b>
Potassium	50mg <b>0%</b>	20mg <b>0%</b>
* 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.		
Calories per gram:		
Fat 9	•	Carbohydrate 4
		• Protein 4

Popcorn, Palm Oil, Isomalt (Sweetener), Sea Salt, Artificial Colours (Yellow 5, Yellow 6, Blue 2 ), Natural and Artificial Flavor, Coffee Solids, Sugar cane Molasses, Sugar, Salt, Caramel Color, Sucralose ( Sweetener), Citric Acid .

MAY CONTAIN MILK AND MUSTARD