

Nutrition Facts

Serving Size 3-1/3 Cups (30g)

Amount Per Serving

Calories 150 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 3.5g

Monounsaturated Fat 1.5g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 18g **6%**

Dietary Fiber 4g **16%**

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

PRODUCT:
ERIN'S POPCORN

FLAVOR:
ORIGINAL

INGREDIENTS: POPCORN, CORN OIL, SALT.

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Data subject to change.
Refer to packaging.

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