

Nutrition Facts

Serving Size 3-1/2 Cups (31g)

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 2g

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Total Carbohydrate 19g **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:
REDUCED SODIUM

110 mg sodium in Reduced Sodium Popcorn per serving versus 160 mg sodium per serving in our Original Popcorn.

INGREDIENTS: POPCORN, CORN OIL, SALT.

2015-06-12

Data subject to change.

Refer to packaging.

TIM'S CASCADE SNACKS
1150 Industry Drive North
Algona, WA 98001
1-888-310-3747
timschips.com