

Nutrition Facts

Serving Size 3-1/2 Cups (30g)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 3.5g

Monounsaturated Fat 2g

Cholesterol 0mg **0%**

Sodium 105mg **5%**

Total Carbohydrate 20g **7%**

Dietary Fiber Less than 1g **3%**

Total Sugars 0g

Incl. Added Sugars 0g **0%**

Protein 3g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 1.1mg 6%

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 nutrition advice.

PRODUCT:
ERIN'S POPCORN

FLAVOR:
REDUCED SODIUM

105 mg sodium in Reduced Sodium Popcorn per serving versus 150 mg sodium per serving in our Original Popcorn.

INGREDIENTS: POPCORN, CORN OIL, SALT.

2018-03-31
Data subject to change.
Refer to packaging.

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