

# Nutrition Facts

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

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**Amount Per Serving**

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**Calories** 150

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**% Daily Value\***

**Total Fat** 6g **8%**

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Saturated Fat 1g **5%**

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Trans Fat 0g

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Polyunsaturated Fat 3.5g

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Monounsaturated Fat 2g

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**Cholesterol** 0mg **0%**

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**Sodium** 150mg **7%**

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**Total Carbohydrate** 20g **7%**

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

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Total Sugars 0g

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

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**Protein** 3g

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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:**  
**ORIGINAL**

**INGREDIENTS:** POPCORN, CORN OIL,  
SALT.

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

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