

Popcorn Ear

Nutrition Facts

POPCORN EAR

10 servings per container

Serving size (40g)

Amount Per Serving

Calories **160**

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0.25g	1%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.93g	
Monounsaturated Fat 0.38g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	11%
Dietary Fiber 6g	21%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 2.8mg	0%
Iron 1.28mg	8%
Potassium 132mg	2%

*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.

INGREDIENTS: popcorn