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NUTTRITIONAL STATEMENT
 MANUFACTURING # 4050-50
 50LBS BULK POPCORN

Nutrition Facts		
Serving Size 3 Tablespoons (38g) (makes 4.5 cups popped)		
Servings Per Container about 24		
Amount Per Serving	3 tbsp (38g) Unpopped	Per 1 cup Air Popped
Calories	120	25
Calories from Fat	10	2
% Daily Value**		
Total Fat 1g*	2%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g	0%	0%
Cholesterol 0mg	0%	0%
Sodium 0mg	0%	0%
Total Carbohydrate 23g	8%	2%
Dietary Fiber 5g	20%	5%
Sugars 0g		
Protein 4g		
Vitamin A	2%	0%
Iron	8%	2%
Not a significant source of vitamin C and calcium.		
* Amount as Packaged		
** 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:		
Fat 9 • Carbohydrate 4 • Protein 4		

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