

Basic Report 19038, Snacks, popcorn, caramel-coated, with peanuts

Report Date: August 24, 2019 13:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz (approx 2/3 cup) 28.35g	2.0 oz 57g
Proximates				
Water	g	3.30	0.94	1.88
Energy	kcal	400	113	228
Protein	g	6.40	1.81	3.65
Total lipid (fat)	g	7.80	2.21	4.45
Carbohydrate, by difference	g	80.70	22.88	46.00
Fiber, total dietary	g	3.8	1.1	2.2
Sugars, total	g	45.36	12.86	25.86
Minerals				
Calcium, Ca	mg	66	19	38
Iron, Fe	mg	3.91	1.11	2.23
Magnesium, Mg	mg	80	23	46
Phosphorus, P	mg	127	36	72
Potassium, K	mg	355	101	202
Sodium, Na	mg	177	50	101
Zinc, Zn	mg	1.24	0.35	0.71
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.051	0.014	0.029
Riboflavin	mg	0.126	0.036	0.072
Niacin	mg	1.990	0.564	1.134
Vitamin B-6	mg	0.185	0.052	0.105
Folate, DFE	µg	16	5	9
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	4	1	2
Vitamin A, IU	IU	78	22	44
Vitamin E (alpha-tocopherol)	mg	0.85	0.24	0.48

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	3.9	1.1	2.2
Lipids				
Fatty acids, total saturated	g	1.040	0.295	0.593
Fatty acids, total monounsaturated	g	2.730	0.774	1.556
Fatty acids, total polyunsaturated	g	3.270	0.927	1.864
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0