

## Basic Report 19039, Snacks, popcorn, caramel-coated, without peanuts

Report Date: August 24, 2019 09:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
<b>Proximates</b>			
Water	g	2.80	0.79
Energy	kcal	431	122
Protein	g	3.80	1.08
Total lipid (fat)	g	12.80	3.63
Carbohydrate, by difference	g	79.10	22.42
Fiber, total dietary	g	5.2	1.5
Sugars, total	g	53.19	15.08
<b>Minerals</b>			
Calcium, Ca	mg	43	12
Iron, Fe	mg	1.74	0.49
Magnesium, Mg	mg	35	10
Phosphorus, P	mg	83	24
Potassium, K	mg	109	31
Sodium, Na	mg	206	58
Zinc, Zn	mg	0.58	0.16
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.065	0.018
Riboflavin	mg	0.070	0.020
Niacin	mg	2.200	0.624
Vitamin B-6	mg	0.028	0.008
Folate, DFE	µg	5	1
Vitamin B-12	µg	0.01	0.00
Vitamin A, RAE	µg	2	1
Vitamin A, IU	IU	8	2
Vitamin E (alpha-tocopherol)	mg	1.20	0.34

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 oz 28.35g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	12.5	3.5
<b>Lipids</b>			
Fatty acids, total saturated	g	3.610	1.023
Fatty acids, total monounsaturated	g	2.880	0.816
Fatty acids, total polyunsaturated	g	4.480	1.270
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0