

## Basic Report 19806, Snacks, popcorn, air-popped (Unsalted)

Report Date: August 24, 2019 09:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 8g	1 oz 28.35g
<b>Proximates</b>				
Water	g	4.10	0.33	1.16
Energy	kcal	382	31	108
Protein	g	12.00	0.96	3.40
Total lipid (fat)	g	4.20	0.34	1.19
Carbohydrate, by difference	g	77.90	6.23	22.08
Fiber, total dietary	g	15.1	1.2	4.3
<b>Minerals</b>				
Calcium, Ca	mg	10	1	3
Iron, Fe	mg	2.66	0.21	0.75
Magnesium, Mg	mg	131	10	37
Phosphorus, P	mg	300	24	85
Potassium, K	mg	301	24	85
Sodium, Na	mg	4	0	1
Zinc, Zn	mg	3.44	0.28	0.98
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.203	0.016	0.058
Riboflavin	mg	0.283	0.023	0.080
Niacin	mg	1.944	0.156	0.551
Vitamin B-6	mg	0.245	0.020	0.069
Folate, DFE	µg	23	2	7
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1	0	0
Vitamin A, IU	IU	27	2	8
<b>Lipids</b>				
Fatty acids, total saturated	g	0.570	0.046	0.162

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Fatty acids, total monounsaturated	g	1.100	0.088	0.312
Fatty acids, total polyunsaturated	g	1.900	0.152	0.539
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				