

Basic Report 19807, Snacks, popcorn, oil-popped, white popcorn, salt added

Report Date: October 18, 2017 05:08 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 11g | 1 oz 28.35g |
|--------------------------------|------|------------------------|--------------|----------------|
| Proximates | | | | |
| Water | g | 2.80 | 0.31 | 0.79 |
| Energy | kcal | 500 | 55 | 142 |
| Protein | g | 9.00 | 0.99 | 2.55 |
| Total lipid (fat) | g | 28.10 | 3.09 | 7.97 |
| Carbohydrate, by difference | g | 57.20 | 6.29 | 16.22 |
| Fiber, total dietary | g | 10.0 | 1.1 | 2.8 |
| Minerals | | | | |
| Calcium, Ca | mg | 10 | 1 | 3 |
| Iron, Fe | mg | 2.78 | 0.31 | 0.79 |
| Magnesium, Mg | mg | 108 | 12 | 31 |
| Phosphorus, P | mg | 250 | 28 | 71 |
| Potassium, K | mg | 225 | 25 | 64 |
| Sodium, Na | mg | 884 | 97 | 251 |
| Zinc, Zn | mg | 2.64 | 0.29 | 0.75 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 0.3 | 0.0 | 0.1 |
| Thiamin | mg | 0.134 | 0.015 | 0.038 |
| Riboflavin | mg | 0.136 | 0.015 | 0.039 |
| Niacin | mg | 1.550 | 0.171 | 0.439 |
| Vitamin B-6 | mg | 0.209 | 0.023 | 0.059 |
| Folate, DFE | µg | 17 | 2 | 5 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 1 | 0 | 0 |
| Vitamin A, IU | IU | 11 | 1 | 3 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 4.890 | 0.538 | 1.386 |

| Nutrient | Unit | 1 Value Per100 g | 1 cup 11g | 1 oz 28.35g |
|------------------------------------|-------------|---------------------------------|----------------------|------------------------|
| Fatty acids, total monounsaturated | g | 8.170 | 0.899 | 2.316 |
| Fatty acids, total polyunsaturated | g | 13.420 | 1.476 | 3.805 |
| Cholesterol | mg | 0 | 0 | 0 |
| Amino Acids | | | | |
| Other | | | | |