

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

Report Date: February 19, 2018 04:47 EST

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				