

45135013, ACT II 100 Calorie Kettlecorn Popcorn, UNPREPARED, GTIN: 00076150201451

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Report Date: February 18, 2017 20:24 EST

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Nutrient	Unit	1 bag (31g) unpopped (makes about 5.5 cups popped) 31g	1 Value Per100 g
Proximates			
Energy	kcal	100	323
Protein	g	3.00	9.68
Carbohydrate, by difference	g	21.00	67.74
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	0	0
Iron, Fe	mg	0.72	2.32
Potassium, K	mg	90	290
Sodium, Na	mg	290	935
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Vitamin A, IU	IU	0	0
Lipids			
Fatty acids, total saturated	g	1.00	3.23
Fatty acids, total monounsaturated	g	1.00	3.23
Fatty acids, total polyunsaturated	g	0.50	1.61
Fatty acids, total trans	g	0.00	0.00
Cholesterol	mg	0	0

Amino Acids
Other
Ingredients

 Popping Corn, Palm Oil, Salt, Less than 2% of: Sucralose, Natural Flavor (including Milk), TBHQ and Citric Acid (for freshness). CONTAINS: MILK. *Date Last Updated by Company: 09/08/2016*