

45135030, ACT II 94 Fat Free Popcorn, UNPREPARED, GTIN: 00076150232202

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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	3.0 tbsp (39g) unpopped (makes about 6.5 cups popped) 39g	1 Value Per100 g
Proximates			
Energy	kcal	130	333
Protein	g	4.00	10.26
Carbohydrate, by difference	g	27.00	69.23
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	0	0
Iron, Fe	mg	1.08	2.77
Potassium, K	mg	230	590
Sodium, Na	mg	190	487
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Vitamin A, IU	IU	0	0
Lipids			
Fatty acids, total saturated	g	0.50	1.28
Fatty acids, total monounsaturated	g	0.50	1.28
Fatty acids, total polyunsaturated	g	0.50	1.28
Fatty acids, total trans	g	0.00	0.00
Cholesterol	mg	0	0

Amino Acids
Other
Ingredients

 Popping Corn, Palm Oil, Less than 2% of: Salt, Potassium Chloride, Natural and Artificial Flavor, Butter, Color Added, TBHQ and Citric Acid (for freshness). CONTAINS: MILK. *Date Last Updated by Company:* 09/08/2016