

## Nutrition Facts

### Popcorn - Popcorn White, Popped With Canola Oil Salted

1. Servings:   

<b>Calories</b>	55	<b>Sodium</b>	48 mg
<b>Total Fat</b>	3 g	<b>Potassium</b>	25 mg
Saturated	1 g	<b>Total Carbs</b>	6 g
Polyunsaturated	2 g	<b>Dietary Fiber</b>	1 g
Monounsaturated	1 g	<b>Sugars</b>	0 g
Trans	0 g	<b>Protein</b>	1 g
<b>Cholesterol</b>	0 mg		
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<b>Vitamin A</b>	0%	<b>Calcium</b>	0%
<b>Vitamin C</b>	0%	<b>Iron</b>	2%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.