

# Nutrition Facts

servings per container

**Serving size 2.75 TBSP (45g)**

Amount per serving

**Calories 150**

% Daily Value\*

**Total Fat 1.5g 2%**

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 0mg 0%**

**Total Carbohydrate 35g 13%**

Dietary Fiber 10g 36%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein 5g**

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 2mg 10%

Potassium 129mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Corn, Yellow Popcorn

Data from USDA Database

To complete label:

- Fill in number of servings per container
  - Total weight of product divided by grams in a serving
  - Example: container has 1 pound of grain, 1 pound = 454 grams, serving size is 45 grams, number of servings per container =  $454/45 = 10$