

Nutrition Facts

Serving Size 2 Cups (about 30g)
Servings Per Container About 6.5

Amount Per Serving

Calories 190 Calories from Fat 140

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 3.5g **18%**

Trans Fat 2g

Cholesterol 0mg **0%**

Sodium 150mg **7%**

Total Carbohydrate 10g **3%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein Less than 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

PRODUCT: Hulless Puff'n Corn
FLAVOR: Original

INGREDIENTS: CORN MEAL, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: PARTIALLY HYDROGENATED (SOYBEAN AND/OR COTTONSEED), SOYBEAN, COTTONSEED, CORN, AND/OR SUNFLOWER OIL), SALT.

THIS IS A GLUTEN FREE FOOD.

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Data subject to change.
Refer to packaging.

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