



Gold Medal Products Co.
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2838 MEGA-POP 8 oz kettle

Number of Servings: 1 (34 g per serving)

Weight: 34 g

Nutrition Facts

Serving Size approx 1 cup popped
(34g)

Servings Per Container approx 32

Amount Per Serving

Calories 35 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 3g

Vitamin A 10% • **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
Saturated 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

Gourmet popcorn, coconut oil, salt, high oleic canola oil, artificial flavor, beta carotene, FD&C yellow #5 (E102), FD&C yellow #6 (E110), TBHQ (to protect freshness) and citric acid.

Contains: SOY

Allergens:

Contains Soy.

Notes:

November 05, 2011 1st