


Nutritional Data Sheet

	Item: Organic Yellow Popcorn, 50 lb bags	
	Item#: R10055	Rev: A

Effective Date: 09/04/2009
Doc #: NDS-R10055

Nutrition Facts		Serv. Size 100 g	
Amount Per Serving		**Percent Daily Values (DV) are based on 2,000 cal. diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories	275		
Cal. From Fat	37.5		
% Daily Values**		Calories	2,000 2,500
Total Fat 3.75g	5%	Total Fat	Less than 65g 80g
Saturated Fat 0g	0%	Sat Fat	Less than 20g 25g
Cholesterol 0mg	0%	Cholesterol	Less than 300mg 300mg
Sodium 0mg	0%	Sodium	Less than 2,400mg 2,400mg
Potassium 350mg		Total Carbohyd	Less than 300g 375g
Total Carbohyd. 67.5g	22.5%	Dietary Fiber	25g 30g
Dietary Fiber 17.5g	65%	Basis of Vitamins and Minerals	
Sugars 0g		Vitamin A 5000 IU Iron 8mg Potassium 3500mg	
Protein 10g		Vitamin C 60mg Calcium 1000 IU	
Vitamin A	0%	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
Vitamin C	0%	Ingredient: Organic Yellow Popcorn	
Calcium	0%		
Iron	10%		
Thiamine			
Riboflavin			
Niacin			

NOTE: This nutritional information is provided as a typical analysis for this product type. It is not meant to specifically represent the lot that is purchased.

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