

# 25069



## Vic's

### Lite White Popcorn

60—1/2oz servings

- ◆ 9g whole grain per 1/2oz serving
- ◆ meets AHG guidelines
- ◆ gluten free certified
- ◆ kosher certified (Kof-K Dairy)

*Julie Bloom*

Julie Bloom, Quality Control Manager

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## Nutrition Facts

Serving Size 1 package (14g)

Amount Per Serving

**Calories 50**      **Calories from Fat 15**

% Daily Value\*

**Total Fat 1.5g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 95mg**      **4%**

**Total Carbohydrate 10g**      **3%**

Dietary Fiber 2g      **8%**

Sugars 0g

**Protein 2g**

Vitamin A 0%      • Vitamin C 0%

Calcium 0%      • Iron 4%

\*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:** Popcorn,  
Sunflower and/or Corn Oil, Salt