

25069 Vics's Lite White Popcorn 0.5 oz

03/13/2013

Nutrition Facts	
Serving Size 1 package (14g)	
Amount Per Serving	
Calories 60	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*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 Oil and/or Corn Oil, Salt, Natural Flavor