Date: 12/18/2008

Popcorn Caramel Small

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	bag	**Cook**
Portion	2.5	oz	**Finish**
Num Portions	3		**Shelf**

Nutrition Facts

Serving Size 2.5 oz (71g)
Servings Per Container 3

Amount Per Serving	
Calories 305	Calories From Fat 82
	% Daily Value
Total Fat 9g	14%
Saturated Fat 3g	12%
Cholesterol 2mg	1%
Sodium 145mg	6%
Total Carbohydrates 56g	19%
Dietary Fiber 4g	16%
Protein 3g	

Vitamin A	0%	Vitamin C	0%
Calcium	3%	Iron	7%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Low Cholesterol
Good Source of Carbohydrates
Good Source of Fiber