

Popcorn Plain Small

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 bag

Portion 1 oz

Num Portions 3

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 1 oz (28g)

Servings Per Container 3

Amount Per Serving

Calories 149 Calories From Fat 90

% Daily Value

Total Fat 10g 15%

Saturated Fat 4g 18%

Cholesterol 0mg 0%

Sodium 280mg 12%

Total Carbohydrates 14g 5%

Dietary Fiber 2g 9%

Protein 2g

Vitamin A 1% Vitamin C 0%

Calcium 0% Iron 4%

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

Nutrition Descriptors

Sugar Free

Cholesterol Free