

Popcorn Zoo Mix Small

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 bag

Portion 1.62 oz

Num Portions 3

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 1.6 oz (46g)

Servings Per Container 3

Amount Per Serving

Calories 216 Calories From Fat 94

% Daily Value

Total Fat 10g 16%

Saturated Fat 3g 13%

Cholesterol 2mg 1%

Sodium 252mg 11%

Total Carbohydrates 30g 10%

Dietary Fiber 3g 14%

Protein 3g

Vitamin A 1% Vitamin C 0%

Calcium 2% Iron 5%

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

Nutrition Descriptors

Low Cholesterol

Good Source of Carbohydrates

Good Source of Fiber