

# NUTRITION FACTS

Serving Size 3 tbsp (39g unpopped)

## Amount Per Serving

**Calories** 110

**Calories form Fat** 15

%Daily Value\*

**Total Fat** 1.5 g 2%

**Cholesterol** 0mg 0%

**Sodium** 10 mg 0%

**Total Carbohydrate** 27g 9%

Dietary Fiber 7g 28%

Sugars 1g

**Protein** 4g

• Iron 4% •

Not a significant source of saturated fat, Vitamin A, Vitamin C, and Calcium.

\*Percent Daily Values are based on 2000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Sat 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