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# Nutritional Facts

Our products are popped fresh daily in our store at the Somersville Towne Center. We always use simple, natural ingredients. No artificial flavors.

Kettle Corn Nutrition Facts		
Serving Size (1 cup)		
Calories	74 calories	
Calories from fat	42 cals (5g)	7%
Saturated fat	1g	
Polyunsaturated fat	2g	
Monounsaturated fat	1g	
Cholesterol	0g	
Sodium	97 mg	4%
Total Carbohydrates	8g	3%
Dietary Fiber	1g	3%
Sugars	4g	
Protein	1g	
Vitamin A		1%
Vitamin C		
Calcium		1%
Iron		1%

\* Percent daily values based on a 2,000 calorie diet

Cinnamon Corn Nutrition Facts		
Serving Size (1 cup)		
Calories	90 calories	
Calories from fat	42 cals (6g)	7%
Saturated fat	5g	
Polyunsaturated fat	1g	
Monounsaturated fat	2g	
Cholesterol	1g	
Sodium	49 mg	2%
Total Carbohydrates	12g	4%
Dietary Fiber	1g	3%
Sugars	8g	
Protein	1g	
Vitamin A		1%
Vitamin C		
Calcium		1%
Iron		1%

\* Percent daily values based on a 2,000 calorie diet

Popcorn Nutrition Facts		
Serving Size (1 cup)		
Calories	58 calories	
Calories from fat	42 cals (6g)	7%
Saturated fat	5g	
Polyunsaturated fat	1g	
Monounsaturated fat	2g	
Cholesterol	1g	
Sodium	97 mg	4%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	3%
Sugars	0g	
Protein	1g	
Vitamin A		1%
Vitamin C		
Calcium		1%
Iron		1%

\* Percent daily values based on a 2,000 calorie diet

Cheese Corn Nutrition Facts		
Serving Size (1 cup)		
Calories	72 calories	
Calories from fat	52 cals (6g)	8%
Saturated fat	6g	
Polyunsaturated fat	1g	
Monounsaturated fat	3g	
Cholesterol	2g	
Sodium	66 mg	2%
Total Carbohydrates	5g	3%
Dietary Fiber	1g	4%
Sugars	0g	
Protein	1g	
Vitamin A		1%
Vitamin C		
Calcium		1%
Iron		1%

\* Percent daily values based on a 2,000 calorie diet

Caramel Corn Nutrition Facts		
Serving Size (1 cup)		
Calories	149 calories	
Calories from fat	38 cals (4g)	7%
Saturated fat	4g	
Polyunsaturated fat	1g	3%
Monounsaturated fat	2g	
Cholesterol	1g	
Sodium	87 mg	4%
Total Carbohydrates	29g	3%
Dietary Fiber	1g	3%
Sugars	25g	
Protein	1g	
Vitamin A		1%
Vitamin C		
Calcium		1%
Iron		1%

\* Percent daily values based on a 2,000 calorie diet

Chicago Mix Nutrition Facts		
Serving Size (1 cup)		
Calories	95 calories	
Calories from fat	48 cals (4g)	7%
Saturated fat	5g	
Polyunsaturated fat	1g	
Monounsaturated fat	3g	
Cholesterol	1g	
Sodium	72 mg	3%
Total Carbohydrates	12g	5%
Dietary Fiber	1g	3%
Sugars	8g	
Protein	1g	
Vitamin A		1%
Vitamin C		
Calcium		1%
Iron		1%

\* Percent daily values based on a 2,000 calorie diet

Cinnamon Caramel Corn Nutrition Facts		
Serving Size (1 cup)		
Calories	108 calories	
Calories from fat	41 cals (4g)	7%
Saturated fat	4g	
Polyunsaturated fat	1g	
Monounsaturated fat	2g	
Cholesterol	1g	
Sodium	61 mg	3%
Total Carbohydrates	17g	6%
Dietary Fiber	1g	3%
Sugars	13g	
Protein	1g	
Vitamin A		1%
Vitamin C		
Calcium		1%
Iron		1%

\* Percent daily values based on a 2,000 calorie diet