

Nutrition & Diet Services

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Nutrient Analysis

Reist HI-POP Yellow, 100g
Reist Popcorn Company

Serving Size: 100g
Servings per Batch: 1

Nutrients	Units	Total	RDI	
			US Std	%
Portion	g	100		
Calories, Total	kcal	333.00	2000	17%
Fat, Total	g	3.03	78	4%
Saturated Fat	g	0.00	20	0%
Trans Fat, total	g	0.00		
Cholesterol	mg	0.00	300	0%
Sodium	mg	0.00	2300	0%
Carbohydrates	g	78.79	275	29%
Fiber, Total Dietary Fiber	g	21.21	28	76%
Sugar, Total	g	2.42		
Sugar, Added	g	0.00	50	0%
Protein	g	12.12		
Vitamin D	mcg	0.00	20	0%
Calcium	mg	0.00	1300	0%
Iron	mg	5.45	18	30%
Potassium	mg	329.00	4700	7%

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This nutrition facts panel is generated by the NDS proprietary computer program, which includes the USDA National Nutrient Database and manufacturer's nutrient data. This label is only as accurate as the formula, ingredient information, and yield provided by this client. NDS retains the information above for 2 years.