

## Kraft Foods Toasted Corn

<b>NUTRITION FACTS</b>			
Serving Size: 1/3 Cup (28g)			
Servings per Container:			
Amount per Serving			
<b>Calories 120</b>		<b>Calories from Fat 40</b>	
			<b>% Daily Value*</b>
<b>Total Fat</b>	4.5g		7%
Saturated Fat	0.5g		3%
Polyunsaturated Fat	0.5g		
Monounsaturated Fat	1.5g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	180mg		8%
<b>Potassium</b>	65mg		2%
<b>Total Carbohydrate</b>	20g		7%
Dietary Fiber	2g		9%
Sugars	0g		
<b>Protein</b>	3g		
Vitamin A 0%		* Vitamin C 0%	
Calcium 0%		* Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated 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
Calories per gram:			
Fat 9		* Carbohydrate 4 * Protein 4	

**Ingredients: Corn, Vegetable Oil (Partially Hydrogenated Soybean or Canola Oil), Salt.**