



**DIRECTIONS:**

Popcorn may be cooked in a conventional popcorn popper or by placing 1/4 cup of popcorn and 1 Tbsp Oil into a large

pot. Cover. Shake over medium heat until popping stops. Add butter and salt to taste. For a real treat sprinkle a little Harveston Farms

Powdered Butter onto popped popcorn. Movie theater good!

**INGREDIENTS:** Yellow popcorn.

**SHELF LIFE:** Best when stored in a cool dry place at temperatures between 55 and 70 degrees F.

Sealed to 30 years • Opened to 1 year

Please note: heat, moisture, oxygen and light will deteriorate this product if not stored properly.

# POPCORN



**NET WT 5 LBS (2.27 kg)**

**Nutrition Facts**

Serving Size 1/4 cup dry (38g)  
 Servings Per Container 59

**Amount Per Serving**

**Calories 140**      **Calories from Fat 15**

**% Daily Value\***

**Total Fat 1.5g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 80mg**      **0%**

**Total Carbohydrate 27g**      **9%**

Dietary Fiber 6g      **24%**

Sugars 1g

**Protein 4g**

Vitamin A 0%      •      Vitamin C 6%

Calcium 0%      •      Iron 4%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2400 mg	2400 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	

Calories per gram: Fat 9      Carbs 4      Protein 4

Shelf life estimates are based on industry studies from sources deemed reputable. Since Harveston Farms™ has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

**AFTER OPENING:** Reseal unused contents with plastic resealable lid. Refrigerate reconstituted items in an airtight container.

An oxygen absorbing packet is enclosed to preserve freshness. Please remove and discard when opening can.

This package is sold by weight, not volume. Some settling may have occurred due to shipping, handling or variation in product density.

Processed in a plant that handles wheat, eggs, dairy, soy, peanut and tree nuts.

Date opened \_\_\_\_\_

DH22-0811



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