

Nutrition & Diet Services

P.O. Box 67070, Portland, OR 97268
Phone: (503) 654-3583 Fax: (503) 654-3669

Nutrient Analysis

Reist HI-POP Blue, 100 grams
Reist Popcorn Company

Servings per Container: :
Serving Size: 100 grams
Servings per Batch: 1

<i>Nutrients</i>	<i>Units</i>	<i>Total</i>	<i>RDI</i>	
			<i>US Std</i>	<i>%</i>
<i>Portion</i>	g	100		
<i>Calories, Total</i>	kcal	303	2000	15%
<i>Fat, Total</i>	g	1.21	78	2%
<i>Saturated Fat</i>	g	0.00	20	0%
<i>Trans Fat, total</i>	g	0.00		
<i>Cholesterol</i>	mg	0.00	300	0%
<i>Sodium</i>	mg	0	2300	0%
<i>Carbohydrates</i>	g	72.73	275	26%
<i>Fiber, Total Dietary Fiber</i>	g	18.18	28	65%
<i>Sugar, Total</i>	g	0.00		
<i>Sugar, Added</i>	g	0.00	50	0%
<i>Protein</i>	g	12.12		
<i>Vitamin D</i>	mcg	0.00	20	0%
<i>Calcium</i>	mg	0.00	1300	0%
<i>Iron</i>	mg	4.36	18	24%
<i>Potassium</i>	mg	280.00	4700	6%