



Medifast Sea Salt Popcorn

Naturally Flavored

52650

Nutrition Facts

7 servings per container

Serving size 1 bag (12g)

Amount per serving

Calories 70

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 6g 2%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 3mg 0%

Iron 0mg 0%

Potassium 0mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Popcorn, vegetable oil (contains one or more of the following: canola or sunflower), maltodextrin, sea salt, onion powder, garlic powder, citric acid, olive oil, natural flavor.

Product information may change over time. Therefore, the ingredient label on the package is always the best source for that specific item.

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