

You Lucky Dog

Nutrition Facts	Peanut Butter filled Pretzel Nuggets		Popcorn		
Serving Size	1.058 oz/30g		3 Tbsp unpopped/1 cup popped		
Servings per container	10 nuggets		Varied		
	Amt. Per Serving	% Daily Value*	Amt. Per Serving	unpopped*	popped*
Calories	140	-	-	120	15
Calories from fat	60	-	-	10	-
Total Fat, g	7	11%	1.5	2%	-
Saturated fat, g	1.5	7%	-	-	-
Trans fat, g	-	-	-	-	-
Cholesterol, mg	-	0%	-	-	-
Sodium, mg	330	14%	-	-	-
Carbohydrates, g	15	5%	29	10%	1%
Fiber, g	2	6%	6	24%	3%
Sugars, g	2	-	-	-	-
Protein, g	5	-	4	-	-
Calcium, mg	-	-	-	-	-
Iron, mg	-	4%	-	10%	0%
Vitamin A, RE	-	-	-	-	-
Vitamin C, mg	-	-	-	-	-

*Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie diet.