

Amish Country Ladyfinger Popcorn

NUTRITION FACTS	
Serving Size: 3 Tbsp (39g Unpopped)	
Servings per Container:	
Amount per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 7g	28%
Sugars 1g	
Protein 4g	
Iron 4%	
*Not a significant source of saturated fat, Vitamin A, Vitamin C, and Calcium.	
*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.

Instructions: Pour one part oil into pan-enough to cover bottom. Preheat oil then add three parts popcorn-more or less to suit individual taste. Lower heat slightly. Agitate pan until the popcorn ceases to pop. Salt to taste. Enjoy!