



popcorn, air-popped

Total Nutrients Score **93**

Rating: Average

Caloric Breakdown

Carbohydrates	81%
Proteins	9%
Fats	10%
Alcohol	0%

Popcorn offers nothing special except when it replaces a highly caloric lower nutrition snack food.

Food Scores

Vitamin Score 11 Protein Score 27
 Mineral Score 39 Fiber Score 12%
 Unhealthy Score 1
 Net Food Score 91

Financial Cost

At \$0.99 per pound, cost of all displayed nutrients is \$0.06
 Net nutrition per dollar is 1620
 100% of purchased food is edible.
 Cost per edible pound is \$0.99

0.9 ounces provides 100 food calories
3% of this food's weight is water

Vitamins

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	3%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	3%
Iron	5%
Magnesium	7%
Manganese	12%
Phosphorus	5%
Potassium	2%
Selenium	0%
Sodium	0%
Zinc	5%

Proteins **3%**

Histidine*	3%
Isoleucine*	3%
Leucine*	4%
Lysine*	1%
Methionine*	3%
Cystine	1%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	2%
Tryptophan*	2%
Valine*	3%

Carbohydrates **7%**

Fiber	12%
Sugars, total	0%

Fats **2%**

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	1%
Omega-6 fats	8%

Other Components

Alpha-carotene	0%
Beta-carotene	0%
Betaine	0%
Fluorine	
Lycopene	0%
ORAC	15%
Phytosterols	
Retinol	0%

USDA Food Number 19034 Food Group Code 2500

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