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## Popcorn Kernels

**Instructions:** Heat cooking oil in a large pan. Carefully add the kernels and place a lid on the pan. Continue to heat the pan, shaking it occasionally. Serve when the corn has finished popping.

**Ingredients:** Popcorn kernels.

Once opened, reseal pouch.  
Store in a cool, dry place away from direct sunlight.

Suitable for Vegans.  
Gluten Free.

## Nutritional Values

Typical Values	Per 100g
Energy	1464 kJ 350 kcal
Fat	4g
of which Saturates	0.4g
Carbohydrate	72g
of which Sugars	1.4g
Protein	10.4g
Salt	0.004g

Corn product of Argentina.  
Packed in the UK for Lakeland.