Supplier's Product Code :	LFJ036
Product Added :	20 August 2026
Last Updated by Supplier :	20 August 2026
erudus id :	22ceb02993b847248d6a52ba8cb532a8

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Popcorn 1Kg

Short Product Name:
Popcorn

Corn / maize kernels (ex. Zea mays).

Traded Unit GTIN: 5060103919499 Internal GTIN: 5060103919482 Supplier : Centaur Foods Ltd Suppliers Product Code : LFJ036

Reference Intake

Each 100g portion contains:

Energy	Fat	Saturates	Sugars	Salt
1530kJ 365kcal	4.74g	0.67g	0.64g	0.09g
18%	7%	3%	1%	2%

of your reference intake.

Typical values per 100g : Energy 1530kJ 365kcal

Nutritional Information

Typical Values	Per 100g
Energy	1530kJ 365kCal
Carbohydrates	74.3g
of which sugars	0.64g
Fat	4.74g
of which saturates	0.67g
Fibre	7.3g
Protein	9.4g
Salt	0.09g

Allergy Information

Key: Contains May Contain

Does Not Contain Cereal/Gluten
Does Not Contain Milk
Does Not Contain Eggs
Does Not Contain Peanuts
Does Not Contain Nuts
Does Not Contain Crustaceans
Does Not Contain Mustard
Does Not Contain Fish
Does Not Contain Lupin
Does Not Contain Sesame
Does Not Contain Celery
Does Not Contain Soya
Does Not Contain Molluscs
Does Not Contain Sulphur Dioxide

Allergen Statement
No allergens present in this product.

Dietary Information

Key: Suitable for

Suitable for Vegetarian
Suitable for Vegan
May not be suitable for Kosher
May not be suitable for Halal
NO DATA for Coeliac

Ingredients

Popcorn Kernels 100%