

Supplier's Product Code :
Product Added :
Last Updated by Supplier :
erudus id :

LFJ036
28 January 2026
28 January 2026
22ceb02993b847248d6a52ba8cb532a8



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Popcorn 1Kg

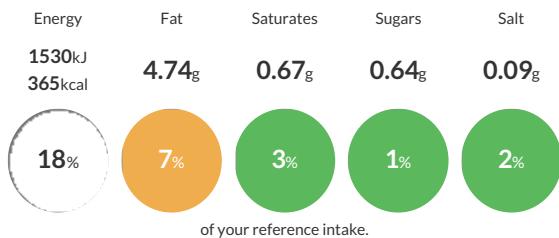
Short Product Name:
Popcorn

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:



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](#)



Dietary Information

Key: [Suitable for](#)



Ingredients

Popcorn Kernels 100%