


Harvest of the Month



Popcorn

Calories

30

Total Fat

0g

1
cup

Sodium

0mg

Sugars

1g

FUN FACTS:

Popcorn is a whole grain. Nebraska is the leading producer in the U.S.

Popcorn kernels come from actual corn but not the kind we eat for dinner. There is a special variety of maize that creates the kernels that pop.

What makes it pop? The pressure from the heat on the kernel causes a failure in the kernel's skin, which results in popping. A single kernel pops with such force that it can travel 3 feet in the air, so keep the cover on!

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