



Cheddar Cheese Corn

Nutrition Facts

Serving Size: 2 1/3 cups (about 32g)

Servings Per Container: about 7

AMOUNT PER SERVING

Calories 170 Calories from Fat 90

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 6g

Cholesterol 5mg **2%**

Sodium 200mg **8%**

Total Carbohydrate 16g **5%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 3g

Vitamin A 2% · Vitamin C 0%

Calcium 4% · Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS:

Popcorn, Canola Oil, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Whey, Buttermilk, Maltodextrin, Salt, Disodium Phosphate, Lactic Acid, Artificial Color (including FD&C Yellow 5, FD&C Yellow 6), TBHQ and Citric Acid to preserve freshness.

Contains milk ingredients.

Manufactured in a facility that handles soy, tree nuts, peanuts and wheat.

GOOD SOURCE OF FIBER **NO TROPICAL OILS**

100% WHOLE GRAIN **NO ADDED SUGAR**

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White Cheddar Cheese Corn

Nutrition Facts

Serving Size: 2 1/3 cups (about 32g)

Servings Per Container: about 7

AMOUNT PER SERVING

Calories 170 Calories from Fat 90

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 6g

Cholesterol 5mg **2%**

Sodium 210mg **9%**

Total Carbohydrate 16g **5%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 4g

Vitamin A 2% · Vitamin C 0%

Calcium 4% · Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

INGREDIENTS:

Popcorn, Canola Oil, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Buttermilk, Maltodextrin, Salt, Disodium Phosphate, TBHQ and Citric Acid to preserve freshness.

Contains milk ingredients.

Manufactured in a facility that handles soy, tree nuts, peanuts and wheat.

GOOD SOURCE OF FIBER

NO TROPICAL OILS

100% WHOLE GRAIN

NO ADDED SUGAR

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