



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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Caramel Corn with almonds, cashews and pecans

Nutrition Facts

Serving Size: 1/2 cup (about 30g)
Servings Per Container: about 25

AMOUNT PER SERVING

Calories 110 Calories from Fat 20

% Daily Value*

Total Fat	2.5g		4%
Saturated Fat	0g		0%
Trans Fat	0g		
Polyunsaturated Fat	0.5g		
Monounsaturated Fat	1g		
Cholesterol	0mg		0%
Sodium	120mg		5%
Total Carbohydrate	21g		7%
Dietary Fiber	1g		4%
Sugars	12g		
Protein	1g		

Iron 8%

Not a significant source of Vitamin A, Vitamin C, and Calcium.

*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:

Natural Tapioca Syrup, Popcorn, Roasted Almonds, Natural Molasses, Roasted Cashews, Roasted Pecans, Butter (Cream, Salt), Soy Lecithin (an emulsifier), Salt, Baking Soda, Natural Flavor, Cottonseed Oil.

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

CHOLESTEROL FREE NATURALLY SWEETENED
100% WHOLE GRAIN NO TROPICAL OILS

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Chocolatey Triple Delight

Nutrition Facts

Serving Size: 1/2 cup (about 30g)

Servings Per Container: about 21

AMOUNT PER SERVING			
Calories	120	Calories from Fat	30
		% Daily Value*	
Total Fat	3g		5%
Saturated Fat	2.5g		12%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	85mg		4%
Total Carbohydrate	23g		7%
Dietary Fiber	less than 1g		3%
Sugars	16g		
Protein	1g		
Calcium	2%	Iron	2%

Not a significant source of Vitamin A and Vitamin C.

*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:

Sugar, Corn Syrup, Popcorn, Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Dry Milk Powder, Soy Lecithin (an emulsifier), Yogurt Powder, Salt, Lactic Acid, Natural and Artificial Flavor, Lactose, Titanium Dioxide (artificial color), Distilled Monoglyceride, Caramel Color, Vanilla, Vanillin (artificial flavor).

Contains soy and milk ingredients.

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

CHOLESTEROL FREE LOW SODIUM
100% WHOLE GRAIN NO HYDROGENATED OILS

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