

**Nutrition Facts**

Serving Size  
Servings Per Container

**Amount Per Serving**

**Calories**  
Calories From Fat

**Total Fat**

Saturated Fat

*Trans Fat***Cholesterol****Sodium****Total Carbohydrate**

Dietary Fiber

Sugars

**Protein**

\*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Butter Popcorn**

1 oz. (28g) = About 2 cups  
about 9

**160**

110

**% Daily Value\***12g **18%**1.5g **8%**

0g

0mg **0%**160mg **7%**12g **4%**2g **8%**

0g

2g

Vitamin A **0%**Vitamin C **0%**Calcium **0%**Iron **2%****Cheese Popcorn**

1 oz. (28g) = About 2 cups  
about 8-1/2

**170**

110

**% Daily Value\***13g **20%**2.5g **13%**

0g

5mg **2%**210mg **9%**11g **4%**2g **8%**

0g

3g

Vitamin A **2%**Vitamin C **0%**Calcium **4%**Iron **2%****Caramel Popcorn**

1 oz. (28g) = About 2/3 cups  
about 30

**110**

20

**% Daily Value\***2.5g **4%**0.5g **3%**

0g

0mg **0%**135mg **6%**22g **7%**1g **4%**

12g

0g

Vitamin A **0%**Vitamin C **0%**Calcium **0%**Iron **0%**

**Ingredients:** BUTTER POPCORN: POPCORN, CORN OIL, SALT, BUTTER OIL, BETA CAROTENE (COLOR). CHEESE POPCORN: POPCORN, CORN OIL, CHEDDAR CHEESE SEASONING, [(CHEDDAR CHEESE: MILK, CHEESE CULTURES, SALT, ENZYMES), PARTIALLY HYDROGENATED SOYBEAN OIL, WHEY, MALTODEXTRIN, SALT, DISODIUM PHOSPHATE, NONFAT DRY MILK, MONOSODIUM GLUTAMATE, LACTIC ACID, ARTIFICIAL COLOR (FD&C YELLOW 6, YELLOW 5) CITRIC ACID.] SALT, BETA CAROTENE. CARAMEL POPCORN: CORN SYRUP SOLIDS, BROWN SUGAR, SUGAR, POPCORN, CORN OIL, BUTTER (CREAM, SALT), MOLASSES, SALT, SOY LECITHIN (AN EMULSIFIER), BETA CAROTENE (FOR COLOR).

**CONTAINS SOY AND MILK INGREDIENTS.**

May Contain Tree Nuts, Peanuts, Wheat And Egg Ingredients.

**THE  
POPCORN  
FACTORY**  
Celebrating 25th Anniversary

The Popcorn Factory  
Lake Forest, IL 60045

www.thepopcornfactory.com  
1-800-842-0256