

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

1oz (28g) About 2 Cups
about 8

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

1oz (28g) About 2 Cups
about 9

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

1oz (28g) About 2/3 Cups
about 22

100
20

% Daily Value*

2g **3%**
0g **0%**
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 [MILK], MALTODEXTRIN, SALT, DISODIUM PHOSPHATE, NONFAT DRY MILK, MONOSODIUM GLUTAMATE, LACTIC ACID, ARTIFICIAL COLOR [FD&C YELLOW 6, YELLOW 5] CITRIC ACID), SALT, BETA CAROTENE (COLOR). 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.

MAY CONTAIN TREE NUT, PEANUT, WHEAT AND EGG INGREDIENTS.



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