

Kettle Corn

Nutrition Facts

Serving Size 2 1/4 cup (30g)

Servings Per Container 7

Amount Per Serving

Calories 150 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1g 5%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 90mg 4%

Total Carbohydrate 20g 7%

Dietary Fiber 3g 12%

Sugars 8g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Popcorn, Soybean Oil, Sugar, Sea Salt
Contains: Soy

Caramel Chocolate

Nutrition Facts

Serving Size 3/4 cup (30g)

Servings Per Container Varies

Amount Per Serving

Calories 150 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol less than 5mg 1%

Sodium 25mg 1%

Total Carbohydrates 20g 7%

Dietary Fiber 1g 4%

Sugars 14g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

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	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

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

Ingredients: POPCORN, SUGAR, SOYBEAN OIL, COCONUT OIL, DARK CHOCOLATE, WHITE CHOCOLATE, CORN SYRUP SOLIDS, BROWN SUGAR, MOLASSES, BUTTER, SALT, SOY LECITHIN
CONTAINS: MILK, SOY

Kettle Chocolate

Nutrition Facts

Serving Size 1.5 cups (30g)

Servings Per Container Varies

Amount Per Serving

Calories 160 Calories from Fat 90

% Daily Value*

Total Fat 10g 15%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrates 18g 6%

Dietary Fiber 3g 12%

Sugars 9g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 8%

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	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

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

Ingredients: Popcorn, Soybean Oil, Sugar, Dark Chocolate, White Chocolate, Salt
Contains: Milk, Soy

Cheese

Nutrition Facts

Serving Size 2 cups (30g)

Servings Per Container 7.5

Amount Per Serving

Calories 200 Calories from Fat 140

% Daily Value*

Total Fat 16g 25%

Saturated Fat 10g 50%

Trans Fat 0g

Cholesterol less than 5mg 2%

Sodium 95mg 4%

Total Carbohydrates 12g 4%

Dietary Fiber 2g 8%

Sugars 0g

Protein 3g

Vitamin A 2% • Vitamin C 0%

Calcium 4% • Iron 4%

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	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

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

Ingredients: POPCORN, SOYBEAN OIL, COCONUT OIL, CHEESE [(GRANULAR AND BLUE {PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES})] WHEY, PARTIALLY HYDROGENATED SOYBEAN OIL, WHEY PROTEIN CONCENTRATE, LACTOSE, MALTODEXTRIN, SALT, SODIUM PHOSPHATE, CITRIC ACID, LACTIC ACID, YELLOW #5, YELLOW #6] **CONTAINS: MILK, SOY**

Caramel

Nutrition Facts

Serv. Size 1 cup (30g)

Servings 14.4

Amount Per Serving

Calories 130 Fat Cal 35

% Daily Value*

Total Fat 4g 6%

Sat Fat 1g 5%

Trans Fat 0g

Cholest 0mg 0%

Sodium 60mg 2%

Total Carb 24g 8%

Fiber 2g 8%

Sugars 16g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

Ingredients: POPCORN, SUGAR, SOYBEAN OIL, COCONUT OIL, CORN SYRUP SOLIDS, BROWN SUGAR, MOLASSES, BUTTER, SALT, SOY LECITHIN
CONTAINS: MILK, SOY

Sea Salt

Nutrition Facts

Serving Size 2 3/4 cup (30g)

Servings Per Container 5.2

Amount Per Serving

Calories 160 Calories from Fat 80

% Daily Value*

Total Fat 9g 14%

Saturated Fat 1.5g 8%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 135mg 6%

Total Carbohydrate 17g 6%

Dietary Fiber 3g 12%

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Popcorn, Soybean Oil, Sea Salt
Contains: SOY