



Caramel Corn

Nutrition Facts

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

Servings Per Container: about 10

AMOUNT PER SERVING

Calories 100 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 24g **8%**

Dietary Fiber 1g **4%**

Sugars 17g

Protein 1g

Iron 4%

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:

Sugar, Corn Syrup, Dextrose, Popcorn, Molasses, Butter (Cream, Salt), Soybean Oil, Salt, Baking Soda, Soy Lecithin (an emulsifier).

Contains soy and milk ingredients.

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

CHOLESTEROL FREE

100% WHOLE GRAIN