



Cheddar Cheese Corn

Nutrition Facts			
Serving Size: 2 1/3 cups (about 32g)			
Servings Per Container: about 6			
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 (Milk, Cheese Cultures, Salt, Enzymes), Whey, Buttermilk, Maltodextrin, Salt, Disodium Phosphate, Color Added, TBHQ and Citric Acid to preserve freshness.

Contains milk ingredients.

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

100% WHOLE GRAIN
NO TROPICAL OILS

NO ADDED SUGAR



White Cheddar Cheese Corn

Nutrition Facts

Serving Size: 2 1/3 cups (about 32g)

Servings Per Container: about 6

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 210mg **9%**

Total Carbohydrate 16g **5%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 4g

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 (Milk, Cheese Cultures, Salt, Enzymes), Whey, Buttermilk, Maltodextrin, Salt, Disodium Phosphate, TBHQ and Citric Acid to preserve freshness.

Contains milk ingredients.

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

100% WHOLE GRAIN

NO ADDED SUGAR

NO TROPICAL OILS