

### NUTRITIONAL INFORMATION

#### **ORIGINAL KETTLECORN**

## Nutrition Facts

Serv. Size 2 cups (28g) Serv. Per Cont. Varies

Calories 130 Fat Cal. 45

\*Percent Daily Values (DV) are Based on a 2,000 calorie diet

Amount Per Serving	%DV*
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans. Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 0%

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%

Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 2%

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%

Amount Per Serving %DV\*

Total Carb. 21g 7%

Dietary Fiber 2g 8%

Sugars 6g

Protein 1g

INGREDIENTS: POPCORN, SUGAR, CANOLA OIL, SALT.

#### **MOVIE THEATER**

## **Nutrition Facts**

Serv. Size 2 cups (28g) Serv. Per Cont. Varies

Calories 160 Fat Cal. 110

\*Percent Daily Values (DV) are Based on a 2,000 calorie diet

Amount Per Serving	%DV*
Total Fat 12g	18%
Saturated Fat 2g	9%
Trans. Fat 0g	
Cholesterol 5mg	1%
Sodium 170mg	7%

Amount Per Serving %DV\*

Total Carb. 13g 4%

Dietary Fiber 2g 10%

Sugars 0g

Protein 2g

INGREDIENTS: POPCORN, CANOLA OIL, CLARIFIED BUTTER (MILK), SALT.

#### AGED WHITE CHEDDAR

## **Nutrition Facts**

Serv. Size 2.5 cups (28g) Serv. Per Cont. Varies

Calories 150 Fat Cal. 80

\*Percent Daily Values (DV) are Based on a 2,000 calorie diet

Amount Per Serving	%DV*
Total Fat 9g	15%
Saturated Fat 1g	5%
Trans. Fat 0g	
Cholesterol 5mg	1%
Sodium 290mg	12%

Amount Per Serving	%DV*
Total Carb. 14g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 3g	

INGREDIENTS: POPCORN, CANOLA OIL, WHEY, MALTODEXTRIN, CHEDDAR AND BLUE CHEESE (CULTURED MILK, SALT, AND ENZYMES), BUTTERMILK, SALT, CITRIC ACID, LACTIC ACID.

#### **TOUCH OF SEA SALT**

### **Nutrition Facts**

Serv. Size 3 cups (28g) Serv. Per Cont. Varies

Calories 130 Fat Cal. 50

\*Percent Daily Values (DV) are Based on a 2,000 calorie diet

Amount Per Serving	%DV*
Total Fat 6g	9%
Saturated Fat 0g	0%
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Trans. Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%

Amount Per Serving	%DV*
Total Carb. 18g	6%
Dietary Fiber 3g	14%
Sugars 0g	
Protein 3g	

INGREDIENTS: POPCORN, CANOLA OIL, SEA SALT.

#### **SMOKED CHEDDAR**

# **Nutrition Facts**

Serv. Size 2 cups (28g) Serv. Per Cont. Varies

Calories 160 Fat Cal. 100

\*Percent Daily Values (DV) are Based on a 2,000 calorie diet

Amount Per Serving	%DV*
Total Fat 12g	18%
Saturated Fat 1.5g	7%
Trans. Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%

Amount Per Serving	%DV*
Total Carb. 12g	4%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 2g	

INGREDIENTS: POPCORN, CANOLA OIL, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), WHEY, SALT, RICE FLOUR, PALM OIL, BUTTERMILK, BUTTER (CREAM, SALT), CORN SYRUP SOLIDS, PARSLEY, CITRIC ACID, PAPRIKA EXTRACT (FOR COLOR), LACTIC ACID, NATURAL FLAVORS.

#### **SWEET & TANGY BBQ**

### **Nutrition Facts**

Serv. Size 2.5 cups (28g) Serv. Per Cont. Varies

Calories 130 Fat Cal. 40

\*Percent Daily Values (DV) are Based on a 2,000 calorie diet

Amount Per Serving	%DV*
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans. Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%

Total Carb. 21g 7%

Dietary Fiber 2g 8%

Sugars 7g

Protein 1g

%DV\*

%DV\*

**Amount Per Serving** 

Vitamin A 2% • Vitamin C 0% • Calcium 0% • Iron 0%

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 2%

INGREDIENTS: POPCORN, SUGAR, CANOLA OIL, SALT, TOMATO POWDER, TORULA YEAST, SPICES, ONION POWDER, GARLIC POWDER, CITRIC ACID, PAPRIKA EXTRACT (FOR COLOR), NATURAL FLAVOR.

#### **CRACKED PEPPER**

### **Nutrition Facts**

Serv. Size 2.5 cups (28g) Serv. Per Cont. Varies

Calories 150 Fat Cal. 90

\*Percent Daily Values (DV) are Based on a 2,000 calorie diet

Amount Per Serving	%DV*
Total Fat 10g	16%
Saturated Fat 1g	4%
Trans. Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Sodium 220mg	9%

Total Carb. 14g 5%

Dietary Fiber 3g 10%

Sugars 0g

Protein 2g

Amount Per Serving

INGREDIENTS: POPCORN, CANOLA OIL, MALTODEXTRIN, BLACK PEPPER, SALT, CITRIC ACID, NATURAL FLAVORS.

#### **CINNAMON SUGAR**

## **Nutrition Facts**

Serv. Size 2.5 cups (28g) Serv. Per Cont. Varies

Calories 130 Fat Cal. 40

\*Percent Daily Values (DV) are Based on a 2,000 calorie diet

Amount Per Serving	%DV*
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans. Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%

Amount Per Serving	%DV*
Total Carb. 21g	7%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 1g	

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%

Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 2%

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%

INGREDIENTS: POPCORN, CANOLA OIL, SUGAR, CINNAMON, SALT.

#### **BACON RANCH**

# Nutrition Facts

Serv. Size 2.5 cups (28g) Serv. Per Cont. Varies

Calories 150 Fat Cal. 90

\*Percent Daily Values (DV) are Based on a 2,000 calorie diet

Amount Per Serving	%DV*
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans. Fat 0g	
Cholesterol 5mg	1%
Sodium 270mg	11%

Amount Per Serving	%DV*
Total Carb. 13g	4%
Dietary Fiber 2g	9%
Sugars 0g	
Protein 3g	

INGREDIENTS: POPCORN, CANOLA OIL, BUTTERMILK, WHEY, MALTODEXTRIN, CHEDDAR AND BLUE CHEESE (CULTURED MILK, SALT, AND ENZYMES), VINEGAR POWDER, SALT, ONION POWDER, GARLIC POWDER, NATURAL FLAVOR, YEAST EXTRACT, PAPRIKA (FOR COLOR), PARSLEY, CITRIC ACID, LACTIC ACID.

#### **BUFFALO CHEDDAR**

# Nutrition Facts

Serv. Size 2.5 cups (28g) Serv. Per Cont. Varies

Calories 150 Fat Cal. 90

\*Percent Daily Values (DV) are Based on a 2,000 calorie diet

Amount Per Serving	%DV*		Amount Per Serving	%DV*
Total Fat 11g	16%		Total Carb. 13g	4%
Saturated Fat 1g	4%		Dietary Fiber 2g	9%
Trans. Fat 0g			Sugars 1g	
Cholesterol 0mg	0%	_	Protein 2g	
Sodium 290mg	12%			
Vitamin A 0% • Vitamin C 2% • Calcium 2% • Iron 2%				

INGREDIENTS: POPCORN, CANOLA OIL, WHEY, MALTODEXTRIN, CHEDDAR AND BLUE CHEESE (CULTURED MILK, SALT, AND ENZYMES), SALT, DRIED PEPPER SAUCE (AGED CAYENNE RED PEPPERS, VINEGAR, SALT, GARLIC), MODIFIED FOOD STARCH, DEXTROSE, SPICES, SUGAR, AUTOLYZED YEAST EXTRACT, VINEGAR, CITRIC ACID, PAPRIKA EXTRACT (COLOR), SPICE EXTRACT, BUTTER (CREAM, SALT), LACTIC ACID, NATURAL FLAVOR