

White Cheddar Cheese Corn

Nutrition Facts

Serving Size: 2 3/4 cups (about 29g)

Servings Per Container: about 5

AMOUNT PER SERVING

Calories 170 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 7g

Cholesterol 5mg **2%**

Sodium 250mg **10%**

Total Carbohydrate 12g **4%**

Dietary Fiber 2g **8%**

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

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

INGREDIENTS:

Popcorn, Vegetable Oil (Corn, Canola and/or Sunflower 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.

NET WT 5.25 OZ (149g) 

