

Butter Microwave

Nutrition Facts

Serving Size: 1/3 bag (28g) unpopped
Servings Per Bag: 3

Amount Per Serving	1/3 bag unpopped	1 cup popped
Calories	140	35
Calories From Fat	80	20
% Daily Value*		
Total Fat 9g	14%	4%
Saturated Fat 1.5g	8%	0%
Trans Fat 3g		
Sodium 320mg	13%	4%
Total Carbohydrate 14g	5%	1%
Dietary Fiber 3g	12%	4%
Sugars 0g		
Protein 2g		
Iron	2%	0%

Not a significant source of Cholesterol, 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
Saturated 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: Gourmet popcorn, partially hydrogenated soybean oil, salt, natural and artificial butter flavors, color added.

**Contains: Milk & Soy

Butter Light Microwave

Nutrition Facts

Serving Size: 1/3 bag (28g) unpopped
Servings Per Bag: 3

Amount Per Serving	1/3 bag unpopped	1 cup popped
Calories	120	30
Calories From Fat	45	10
% Daily Value*		
Total Fat 4.5g	8%	2%
Saturated Fat 2g	10%	3%
Trans Fat 0g		
Sodium 210mg	9%	2%
Total Carbohydrate 17g	6%	2%
Dietary Fiber 4g	16%	4%
Sugars 1g		
Protein 3g		
Iron	4%	0%

Not a significant source of Cholesterol, 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
Saturated 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: Gourmet popcorn, palm oil, salt, natural and artificial butter flavors, color added.

**Contains: Milk & Soy

Double Butter Microwave

Nutrition Facts

Serving Size: 1/3 bag (28g) unpopped
Servings Per Bag: 3

Amount Per Serving	1/3 bag unpopped	1 cup popped
Calories	140	40
Calories From Fat	80	20
% Daily Value*		
Total Fat 9g	14%	4%
Saturated Fat 2g	10%	0%
Trans Fat 3.5g		
Sodium 310mg	13%	3%
Total Carbohydrate 14g	5%	1%
Dietary Fiber 3g	12%	4%
Sugars 0g		
Protein 2g		
Iron	2%	0%

Not a significant source of Cholesterol, 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
Saturated 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: Gourmet popcorn, partially hydrogenated soybean oil, salt, natural and artificial butter flavors, color added.

**Contains: Milk & Soy

Kettle Corn Microwave

Nutrition Facts

Serving Size: 1/3 bag (28g) unpopped
Servings Per Bag: 3

Amount Per Serving	1/3 bag unpopped	1 cup popped
Calories	150	40
Calories From Fat	90	25
% Daily Value*		
Total Fat 10g	15%	4%
Saturated Fat 2g	10%	3%
Trans Fat 4g		
Sodium 200mg	8%	2%
Total Carbohydrate 13g	4%	1%
Dietary Fiber 3g	12%	4%
Sugars 0g		
Protein 2g		
Iron	2%	0%

Not a significant source of Cholesterol, 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
Saturated 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: Gourmet popcorn, partially hydrogenated soybean oil, salt, sucralose.

**Contains: Soy

Natural Microwave

Nutrition Facts

Serving Size: 1/3 bag (28g) unpopped
Servings Per Bag: 3

Amount Per Serving	1/3 bag unpopped	1 cup popped
Calories	140	35
Calories From Fat	60	15
% Daily Value*		
Total Fat 7g	11%	3%
Saturated Fat 1.5g	8%	0%
Trans Fat 2.5g		
Sodium 200mg	8%	2%
Total Carbohydrate 15g	5%	1%
Dietary Fiber 3g	12%	4%
Sugars 0g		
Protein 2g		
Iron	2%	0%

Not a significant source of Cholesterol, 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
Saturated 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: Gourmet popcorn, partially hydrogenated soybean oil, salt and oil of rosemary as an antioxidant.

**Contains: Soy

All Popping Corn

Nutrition Facts

Serving Size: 2 tbsp (30g)
Servings: Varies with packaging

Amount Per Serving	Calories from Fat 10	
Calories 110		
% Daily Value*		
Total Fat 1.5g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 22g		7%
Dietary Fiber 5g		20%
Sugars 1g		
Protein 3g		
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
Saturated 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: Popping corn

Natural Popped Corn

Nutrition Facts

Serving Size: 4 cups (30g)
Servings: Varies with packaging

Amount Per Serving	Calories from Fat 60	
Calories 140		
% Daily Value*		
Total Fat 7g		11%
Saturated Fat 6g		30%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 180mg		8%
Total Carbohydrate 18g		6%
Dietary Fiber 3g		12%
Sugars 0g		
Protein 3g		
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
Saturated 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, coconut oil and salt

**Contains: Coconut

Warm & Spicy

Nutrition Facts

Serving Size: 4 cups (30g)
Servings: Varies with packaging

Amount Per Serving	Calories from Fat 60	
Calories 140		
% Daily Value*		
Total Fat 7g		11%
Saturated Fat 6g		30%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 230mg		10%
Total Carbohydrate 18g		6%
Dietary Fiber 3g		12%
Sugars 0g		
Protein 3g		
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
Saturated 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, coconut oil, salt, artificial butter flavor, yellow #5 & #6, turmeric, garlic salt, onion, paprika, oregano, white pepper, red pepper and spice.

**Contains: Coconut

Rainbow Corn

Nutrition Facts

Serving Size: 1/2 cup (30g)
Servings: Varies with packaging

Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

*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
Saturated 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: Sugar, corn syrup, popcorn, corn oil, water, butter (cream, salt), soy lecithin, cream of tartar, natural flavoring, assorted coloring and flavoring.

**Contains: Soy

Caramel Corn

Nutrition Facts

Serving Size: 3/4 cup (30g)
Servings: Varies with packaging

Amount Per Serving	
Calories 120	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 20mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 2%

*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
Saturated 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: Brown sugar, corn syrup, popcorn, corn oil, water, butter (cream, salt), soy lecithin, baking soda, natural and artificial flavoring.

**Contains: Soy

Cheese Popcorn

Nutrition Facts

Serving Size: 2 cups (30g)
Servings: Varies with packaging

Amount Per Serving	
Calories 170	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 2g	
Cholesterol 5mg	2%
Sodium 150mg	6%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 4g	
Vitamin A 2%	Vitamin C 0%
Calcium 6%	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
Saturated 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, partially hydrogenated soybean oil, corn oil, dehydrated cheeses (cheddar, blue, romano (cultured milk, salt & enzymes)), salt, sour cream powder, nonfat dry milk, cream salt, maltodextrin, lactic acid (modified food starch & lactic acid), natural & artificial flavors, citric acid, yellow #5 & #6, soy lecithin, sodium phosphate, disodium inosinate & guanylate, less than 2% silicon dioxide.

**Contains: Milk and soy

Cheesy Ranch Popcorn

Nutrition Facts

Serving Size: 2 cups (30g)
Servings: Varies with packaging

Amount Per Serving	
Calories 170	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 2g	
Cholesterol 5mg	2%
Sodium 290mg	12%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 4g	
Vitamin A 2%	Vitamin C 0%
Calcium 6%	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
Saturated 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, partially hydrogenated soybean oil, corn oil, dehydrated cheeses (cheddar, blue, Romano (cultured milk, salt and enzymes)), salt, cream salt, whey, buttermilk, monosodium glutamate, disodium inosinate & guanylate, autolyzed yeast extract, onion, garlic, lactic acid, citric acid, yellow #5 & #6, sodium phosphate, soy lecithin, maltodextrin, parsley, dextrose, nonfat milk, sour cream powder, sodium diacetate, natural flavors and less than 2% silicon dioxide to prevent caking.

**Contains: Milk and soy

Cheesy Sour Cream & Chives

Nutrition Facts

Serving Size: 2 cups (30g)
Servings: Varies with packaging

Amount Per Serving	
Calories 170	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 2g	
Cholesterol 5mg	2%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 4g	
Vitamin A 2%	Vitamin C 0%
Calcium 6%	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
Saturated 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, partially hydrogenated soybean oil, corn oil, dried cheddar cheese (milk, cheese culture, salt, enzymes, artificial color), cream salt, nonfat milk, corn starch, dried sour cream (cream, nonfat milk cultures), salt, dextrose, monosodium glutamate, onion powder, chives, yellow #5 & #6, lactic acid, soy lecithin, spice, citric acid, sodium phosphate, natural & artificial flavors.

**Contains: Milk and soy

Jalapeno Cheese Corn

Nutrition Facts

Serving Size: 2 cups (30g)
Servings: Varies with packaging

Amount Per Serving	
Calories 170	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4.5g	23%
Trans Fat 2g	
Cholesterol 5mg	2%
Sodium 260mg	11%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	
Vitamin A 2%	Vitamin C 2%
Calcium 6%	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
Saturated 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, partially hydrogenated soybean oil, corn oil, cheese powder (milk, cheese culture, enzymes, maltodextrin, monosodium glutamate, corn starch, salt, citric acid), salt, cream salt, jalapeno, onion powder, extractives of turmeric and paprika, lactic acid, natural & artificial flavor, FD&C yellow #5 & #6, soy lecithin, disodium inosinate & guanylate, sodium phosphate, tricalcium phosphate.

**Contains: Milk and soy

Country Smokehouse BBQ

Nutrition Facts

Serving Size: 2 cups (30g)
Servings: Varies with packaging

Amount Per Serving	
Calories 170	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 2g	
Cholesterol 5mg	2%
Sodium 130mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	
Vitamin A 2%	Vitamin C 0%
Calcium 6%	Iron 2%

*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
Saturated 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, partially hydrogenated soybean oil, corn oil, dried cheddar cheese (milk, cheese culture, salt, enzymes, artificial color), cream salt, fructose, brown sugar, tomato powder, onion powder, sodium phosphate, yellow #5 & #6, salt, garlic powder, lactic acid, soy lecithin, natural smoke flavors, sodium diacetate, spices, extractive of paprika, natural flavoring and less than 2% silicon dioxide added to prevent caking.

**Contains: Milk and soy

Southwest Cheddar Chipotle

Nutrition Facts

Serving Size: 2 cups (30g)
Servings: Varies with packaging

Amount Per Serving	
Calories 170	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 2g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 14g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 4g	
Vitamin A 2%	Vitamin C 0%
Calcium 6%	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
Saturated 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, partially hydrogenated soybean oil, corn oil, dried cheddar cheese (milk, cheese culture, salt, enzymes and artificial color), cream salt, sodium phosphate, yellow #5 & #6, spice (chili pepper & chipotle pepper), smoke, tomato powder, dehydrated jalapeno, onion powder, garlic powder, lactic acid, soy lecithin, citric acid, dehydrated cilantro, corn starch, natural flavors.

**Contains: Milk and soy

White Cheddar w/
Black Peppercorn

Nutrition Facts

Serving Size: 2 cups (30g)
Servings: Varies with packaging

Amount Per Serving	
Calories 170	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 1.5g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

*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
Saturated 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, partially hydrogenated soybean oil, corn oil, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), whey, maltodextrin, salt, deproteinized whey, dehydrated cheddar cheese, Romano & Blue Cheese (whey, buttermilk (cultured part skim milk, salt, cheese culture & enzymes)), parmesan, sodium caseinate, enzyme modified cheese, disodium phosphate, enzyme modified cream, nonfat dry milk, natural flavors, soy lecithin, disodium citrate, lactic yeast extract, lactic acid, parsley, dehydrated garlic, less than 2% calcium silicate added to prevent caking and less than 2% silicon dioxide and disodium phosphate as processing aids.

**Contains: Milk and soy

Deluxe Caramel Pecan

Nutrition Facts

Serving Size: 1/2 cup (30g)
Servings: Varies with packaging

Amount Per Serving	
Calories 140	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 15mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%

*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
Saturated 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: Brown sugar, pecans (roasted in peanut oil), corn syrup, popcorn, corn oil, water, butter (cream, salt), soy lecithin, baking soda, natural & artificial flavoring.

**Contains: Soy, peanuts and pecans

C.C. Winkle

Nutrition Facts

Serving Size: 1/2 cup (30g)
Servings: Varies with packaging

Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

*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
Saturated 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: Brown sugar, popcorn, cashews (roasted in peanut oil), partially hydrogenated vegetable oil (palm kernel, palm), corn syrup, white sugar, whole milk powder, cocoa, nonfat dry milk powder, reduced mineral whey, corn oil, water, butter (cream, salt), soy lecithin, baking soda, salt, natural and artificial flavoring.

**Contains: Milk, soy, peanuts and cashews

RC Snake

Nutrition Facts

Serving Size: 1/2 cup (30g)
Servings: Varies with packaging

Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*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
Saturated 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: Sugar, popcorn, partially hydrogenated vegetable oil (palm kernel, palm), corn syrup, cranberries, whole milk powder, reduced mineral whey, nonfat dry milk, corn oil, water, butter (cream, salt), cellulose powder, soy lecithin, cream of tartar, salt, natural and artificial flavors.

**Contains: Milk and soy

K'Nuckle

Nutrition Facts

Serving Size: 1/2 cup (30g)
Servings: Varies with packaging

Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

*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
Saturated 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: Sugar, popcorn, almonds (roasted in peanut oil), partially hydrogenated vegetable oil (palm kernel, palm) corn syrup, whole milk, reduced mineral whey, skim milk, corn oil, water, butter (cream, salt), soy lecithin, cream of tartar, salt, natural and artificial flavors.

**Contains: Milk, soy, peanuts and almonds

Vanilla Black Walnut

Nutrition Facts

Serving Size: 1/2 cup (30g)
Servings: Varies with packaging

Amount Per Serving	
Calories 130	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 10mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%

*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
Saturated 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: Sugar, popcorn, corn syrup, walnuts, corn oil, butter (cream, salt), soy lecithin, vanilla extract, cream of tartar, natural and artificial flavoring.

**Contains: Soy and walnuts

Cajun Seasoning

Nutrition Facts

Serving Size: (1g)
Servings: Varies with packaging

Amount Per Serving	
Calories 0	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*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
Saturated 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: Salt, artificial butter flavor, yellow #5 & #6, turmeric, garlic salt, onion, paprika, oregano, white pepper, red pepper and spice.

Butter Flavor Salt

Nutrition Facts

Serving Size: (1g)
Servings: Varies with packaging

Amount Per Serving	
Calories 0	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	15%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*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
Saturated 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: Artificial butter flavor, yellow #5 & #6, salt and turmeric.

Cherry Cheesecake

Nutrition Facts

Serving Size: 1/2 cup (30g)
Servings: Varies with packaging

Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*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
Saturated 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

Cheddar Cheese Topping

Nutrition Facts

Serving Size: (1g)
Servings: Varies with packaging

Amount Per Serving	
Calories 5	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*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
Saturated 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: Dehydrated cheeses (cheddar, blue, romano (cultured milk, salt, enzymes), whey, partially hydrogenated soybean oil, maltodextrin, salt, blue cheese (cultured milk, salt, enzymes), romano cheese, nonfat dry milk, citric acid, artificial color (contains FD&C yellow #6) salt, sour cream powder, natural & artificial cheddar cheese flavor, onion and garlic powder, citric acid, disodium inosinate & guanylate, natural flavor, less than 2% silicon dioxide.

**Contains: Milk and soy

Chocolate Covered Peanuts

Nutrition Facts

Serving Size: 1/4 cup (42g)
Servings: Varies with packaging

Amount Per Serving	
Calories 230	Calories from Fat 150
% Daily Value*	
Total Fat 17g	25%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	7%
Sugars 15g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 6%

*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
Saturated 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: Sugar, partially hydrogenated palm kernel oil, cocoa powder, whey powder, nonfat milk powder, soy lecithin (an emulsifier), vanillin (an artificial flavor), peanuts, milk chocolate (sugar, cocoa butter, whole milk, chocolate liquor, lactose, soy lecithin and vanillin), corn or peanut oil, gum arabic, confectioner's glaze (lac-resin), and corn syrup

**Conatins: Peanuts, soy and milk

Chocolate Covered Pretzels

Nutrition Facts

Serving Size: 7 pieces (40g)
Servings: Varies with packaging

Amount Per Serving	
Calories 190	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 27g	9%
Dietary Fiber <1g	4%
Sugars 16g	
Protein 3g	
Vitamin A 2%	Vitamin C 0%
Calcium 6%	Iron 2%

*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
Saturated 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: Milk chocolate (sugar, cocoa butter, whole milk, chocolate liquor, lactose, soy lecithin (an emulsifier) and vanillin (an artificial flavor)), pretzels (soft red wheat flour, peanuts, salt, baking soda and yeast).

**Conatins: Wheat, soy and milk

Ingredients: Sugar, popcorn, corn syrup, partially hydrogenated vegetable oil (palm kernel & palm), corn oil, water, whole milk powder, reduced mineral whey, nonfat dry milk powder, butter (cream, salt), modified food starch, soy lecithin, cream of tartar, salt, citric acid, coloring Red #40 Lake and Blue #1, beeswax, carnauba wax, confectioner's glaze, alcohol, propylene glycol, natural & artificial flavors.

**Conatins: Soy and milk