

## Deluxe Caramel Pecan

### Nutrition Facts

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

Amount Per Serving			
<b>Calories</b>	130	Calories from Fat	60
		% Daily Value*	
<b>Total Fat</b>	6g		9%
Saturated Fat	1.5g		8%
Trans Fat	0g		
<b>Cholesterol</b>	5mg		2%
<b>Sodium</b>	20mg		1%
<b>Total Carbohydrate</b>	19g		6%
Dietary Fiber	1g		4%
Sugars	12g		
<b>Protein</b>	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

## 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
<b>Calories</b>		120	30
Calories From Fat		45	10
		% Daily Value*	
<b>Total Fat</b>	4.5g	8%	2%
Saturated Fat	2g	10%	3%
Trans Fat	0g		
<b>Sodium</b>	210mg	9%	2%
<b>Total Carbohydrate</b>	17g	6%	2%
Dietary Fiber	4g	16%	4%
Sugars	1g		
<b>Protein</b>	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
<b>Calories</b>		140	40
Calories From Fat		80	20
		% Daily Value*	
<b>Total Fat</b>	9g	14%	4%
Saturated Fat	2g	10%	0%
Trans Fat	3.5g		
<b>Sodium</b>	310mg	13%	3%
<b>Total Carbohydrate</b>	14g	5%	1%
Dietary Fiber	3g	12%	4%
Sugars	0g		
<b>Protein</b>	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
<b>Calories</b>		150	40
Calories From Fat		90	25
		% Daily Value*	
<b>Total Fat</b>	10g	15%	4%
Saturated Fat	2g	10%	3%
Trans Fat	4g		
<b>Sodium</b>	200mg	8%	2%
<b>Total Carbohydrate</b>	13g	4%	1%
Dietary Fiber	3g	12%	4%
Sugars	0g		
<b>Protein</b>	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
<b>Calories</b>		140	35
Calories From Fat		60	15
		% Daily Value*	
<b>Total Fat</b>	7g	11%	3%
Saturated Fat	1.5g	8%	0%
Trans Fat	2.5g		
<b>Sodium</b>	200mg	8%	2%
<b>Total Carbohydrate</b>	15g	5%	1%
Dietary Fiber	3g	12%	4%
Sugars	0g		
<b>Protein</b>	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

## 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
<b>Calories</b>		140	35
Calories From Fat		80	20
		% Daily Value*	
<b>Total Fat</b>	9g	14%	4%
Saturated Fat	1.5g	8%	0%
Trans Fat	3g		
<b>Sodium</b>	320mg	13%	4%
<b>Total Carbohydrate</b>	14g	5%	1%
Dietary Fiber	3g	12%	4%
Sugars	0g		
<b>Protein</b>	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

## Chocolate Covered Peanuts

### Nutrition Facts

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

Amount Per Serving			
<b>Calories</b>	230	Calories from Fat	150
		% Daily Value*	
<b>Total Fat</b>	17g		25%
Saturated Fat	8g		40%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	25mg		1%
<b>Total Carbohydrate</b>	19g		6%
Dietary Fiber	2g		7%
Sugars	15g		
<b>Protein</b>	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			
<b>Calories</b>	190	Calories from Fat	80
		% Daily Value*	
<b>Total Fat</b>	9g		14%
Saturated Fat	6g		28%
Trans Fat	0g		
<b>Cholesterol</b>	5mg		2%
<b>Sodium</b>	140mg		6%
<b>Total Carbohydrate</b>	27g		9%
Dietary Fiber	<1g		4%
Sugars	16g		
<b>Protein</b>	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, corn syrup, salt, baking soda and yeast).

\*\*Conatins: Wheat, soy and milk

## Rainbow Corn

Nutrition Facts	
Serving Size: 1/2 cup (30g) Servings: Varies with packaging	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 14g	
<b>Protein</b> 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

\*\*Processed in a facility that also processes peanuts

## Caramel Corn

Nutrition Facts	
Serving Size: 3/4 cup (30g) Servings: Varies with packaging	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 13g	
<b>Protein</b> 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

\*\*Processed in a facility that also processes peanuts

## Cheese Popcorn

Nutrition Facts	
Serving Size: 2 cups (30g) Servings: Varies with packaging	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 2g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 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, 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

\*\*Processed in a facility that also processes peanuts

## Cheesy Ranch Popcorn

Nutrition Facts	
Serving Size: 2 cups (30g) Servings: Varies with packaging	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 2g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 290mg	<b>12%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 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

\*\*Processed in a facility that also processes peanuts

## Cheesy Sour Cream & Chives

Nutrition Facts	
Serving Size: 2 cups (30g) Servings: Varies with packaging	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 2g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 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

\*\*Processed in a facility that also processes peanuts

## Jalapeno Cheese Corn

Nutrition Facts	
Serving Size: 2 cups (30g) Servings: Varies with packaging	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 2g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 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

\*\*Processed in a facility that also processes peanuts

## Country Smokehouse BBQ

Nutrition Facts	
Serving Size: 2 cups (30g) Servings: Varies with packaging	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 2g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 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

\*\*Processed in a facility that also processes peanuts

## Southwest Cheddar Chipotle

Nutrition Facts	
Serving Size: 2 cups (30g) Servings: Varies with packaging	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 2g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 14g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 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

\*\*Processed in a facility that also processes peanuts

**White Cheddar w/  
Black Peppercorn**

**C.C.Winkle**

**RC Snake**

**K'Nuckle**

**Nutrition Facts**

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

Amount Per Serving		Calories from Fat 100	
		% Daily Value*	
<b>Calories</b>	170		
<b>Total Fat</b>	11g	<b>17%</b>	
Saturated Fat	2g	<b>10%</b>	
Trans Fat	1.5g		
<b>Cholesterol</b>	0mg	<b>0%</b>	
<b>Sodium</b>	190mg	<b>8%</b>	
<b>Total Carbohydrate</b>	17g	<b>6%</b>	
Dietary Fiber	2g	<b>8%</b>	
Sugars	2g		
<b>Protein</b>	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

\*\*Processed in a facility that also processes peanuts

**All Popping Corn**

**Natural Popped Corn**

**Warm & Spicy**

**Vanilla Black Walnut**

**Nutrition Facts**

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

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

**Nutrition Facts**

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

Amount Per Serving		Calories from Fat 70	
		% Daily Value*	
<b>Calories</b>	140		
<b>Total Fat</b>	7g	<b>11%</b>	
Saturated Fat	3g	<b>15%</b>	
Trans Fat	0g		
<b>Cholesterol</b>	5mg	<b>2%</b>	
<b>Sodium</b>	55mg	<b>2%</b>	
<b>Total Carbohydrate</b>	18g	<b>6%</b>	
Dietary Fiber	0g	<b>0%</b>	
Sugars	11g		
<b>Protein</b>	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

**Nutrition Facts**

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

Amount Per Serving		Calories from Fat 45	
		% Daily Value*	
<b>Calories</b>	130		
<b>Total Fat</b>	5g	<b>8%</b>	
Saturated Fat	2.5g	<b>13%</b>	
Trans Fat	0g		
<b>Cholesterol</b>	0mg	<b>0%</b>	
<b>Sodium</b>	25mg	<b>1%</b>	
<b>Total Carbohydrate</b>	21g	<b>7%</b>	
Dietary Fiber	1g	<b>4%</b>	
Sugars	18g		
<b>Protein</b>	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

\*\*Processed in a facility that also processes peanuts

**Nutrition Facts**

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

Amount Per Serving		Calories from Fat 70	
		% Daily Value*	
<b>Calories</b>	140		
<b>Total Fat</b>	8g	<b>12%</b>	
Saturated Fat	2.5g	<b>13%</b>	
Trans Fat	0g		
<b>Cholesterol</b>	0mg	<b>0%</b>	
<b>Sodium</b>	25mg	<b>1%</b>	
<b>Total Carbohydrate</b>	19g	<b>6%</b>	
Dietary Fiber	1g	<b>4%</b>	
Sugars	15g		
<b>Protein</b>	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

**Nutrition Facts**

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

Amount Per Serving		Calories from Fat 60	
		% Daily Value*	
<b>Calories</b>	140		
<b>Total Fat</b>	7g	<b>11%</b>	
Saturated Fat	6g	<b>30%</b>	
Trans Fat	0g		
<b>Cholesterol</b>	0mg	<b>0%</b>	
<b>Sodium</b>	180mg	<b>8%</b>	
<b>Total Carbohydrate</b>	18g	<b>6%</b>	
Dietary Fiber	3g	<b>12%</b>	
Sugars	0g		
<b>Protein</b>	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

**Nutrition Facts**

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

Amount Per Serving		Calories from Fat 60	
		% Daily Value*	
<b>Calories</b>	140		
<b>Total Fat</b>	7g	<b>11%</b>	
Saturated Fat	6g	<b>30%</b>	
Trans Fat	0g		
<b>Cholesterol</b>	0mg	<b>0%</b>	
<b>Sodium</b>	230mg	<b>10%</b>	
<b>Total Carbohydrate</b>	18g	<b>6%</b>	
Dietary Fiber	3g	<b>12%</b>	
Sugars	0g		
<b>Protein</b>	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

**Nutrition Facts**

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

Amount Per Serving		Calories from Fat 40	
		% Daily Value*	
<b>Calories</b>	130		
<b>Total Fat</b>	4.5g	<b>7%</b>	
Saturated Fat	1g	<b>5%</b>	
Trans Fat	0g		
<b>Cholesterol</b>	5mg	<b>2%</b>	
<b>Sodium</b>	10mg	<b>0%</b>	
<b>Total Carbohydrate</b>	20g	<b>7%</b>	
Dietary Fiber	1g	<b>4%</b>	
Sugars	12g		
<b>Protein</b>	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

\*\*Processed in a facility that also processes peanuts

## Cherry Cheesecake

### Nutrition Facts

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

Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 45
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 17g	
<b>Protein</b> 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, 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.

\*\*Contains: Soy and milk

\*\*Processed in a facility that also processes peanuts

## Cheddar Cheese Topping

### Nutrition Facts

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

Amount Per Serving	
<b>Calories</b> 5	Calories from Fat 5
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 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

\*\*Processed in a facility that also processes peanuts

## Cajun Seasoning

### Nutrition Facts

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

Amount Per Serving	
<b>Calories</b> 0	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 320mg	<b>13%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 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.

\*\*Processed in a facility that also processes peanuts

## Butter Flavor Salt

### Nutrition Facts

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

Amount Per Serving	
<b>Calories</b> 0	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 370mg	<b>15%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 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.

\*\*Processed in a facility that also processes peanuts