

# Nutrition Facts

Serving Size 2 Cups (about 30g)  
Servings Per Container About 7

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## Amount Per Serving

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**Calories** 180    Calories from Fat 140

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**% Daily Value\***

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**Total Fat** 15g                      **23%**

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Saturated Fat 2.5g                      **13%**

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Trans Fat 0g

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**Cholesterol** less than 5mg              **0%**

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**Sodium** 310mg                      **13%**

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**Total Carbohydrate** 9g                      **3%**

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Dietary Fiber 0g                      **3%**

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Sugars 1g

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**Protein** 2g

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Vitamin A 0%    •    Vitamin C 0%

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Calcium 4%    •    Iron 0%

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\*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

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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

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**PRODUCT:** Hulless Puff'n Corn  
**FLAVOR:** White Cheddar

**INGREDIENTS:** CORN MEAL, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, SOYBEAN, COTTONSEED, AND/OR SUNFLOWER OIL), CHEDDAR CHEESE (PASTEURIZED MILK, SALT, CULTURE, ENZYMES), WHEY, BUTTERMILK, SALT, BUTTER (CREAM, WATER, SALT), LACTIC ACID, NATURAL AND ARTIFICIAL FLAVOR, DISODIUM INOSINATE & GUANYLATE.

THIS IS A GLUTEN FREE FOOD.

CONTAINS: MILK

12/2011

Data subject to change.  
Refer to packaging.

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