Nutrition Facts

Serving Size 2 ¼ cups (about 30g)
Servings Per Container About 6.5

Amount Per Serving

Calories 160 Calories from Fat 110

	% Daily Value*
Total Fat 12g	**19**%
Saturated Fat 2g	**9**%
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 3g	
Cholesterol 0mg	**0**%
Sodium 250mg	**10**%
Total Carbohydrate 13g	**4**%
Dietary Fiber 2g	**8**%
Sugars 1g	
Protein 2g	

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
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

PRODUCT:
Whole Grain Popcorn
FLAVOR:
Cheese

INGREDIENTS: POPCORN, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, SOYBEAN, COTTONSEED AND/OR SUNFLOWER OIL), MALTODEXTRIN, DEHYDRATED CHEDDAR AND BLUE CHEESE (PASTEURIZED MILK, SALT, EXTRACT OF ANNATTO, CHEESE CULTURES, ENZYMES), PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, MONOSODIUM GLUTAMATE, WHEY, NATURAL FLAVOR, BUTTERMILK, LACTIC ACID, ARTIFICIAL COLOR (INCLUDING FD&C YELLOW #5 AND YELLOW #6).

01/2012
Data subject to change.
Refer to packaging.

SNYDER OF BERLIN
Pinnacle Foods Group LLC
PO Box 3900
Peoria, IL 61612
1-888-257-8042
snyderofberlin.com