

Nutrition Facts

Serving Size 2 1/4 cups (about 30g)
Servings Per Container About 6.5

Amount Per Serving

Calories 170 Calories from Fat 110

% Daily Value*

Total Fat 12g **19%**

Saturated Fat 2.5g **11%**

Trans Fat 0g

Cholesterol 5mg **1%**

Sodium 290mg **12%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • 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
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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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

PRODUCT:
Whole Grain Popcorn
FLAVOR:
White Cheddar

INGREDIENTS: POPCORN, 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 & ARTIFICIAL FLAVOR, DISODIUM INOSINATE AND DISODIUM GUANYLATE.

THIS IS A GLUTEN FREE FOOD.

PRODUCTS CONTAINING MILK, SOY, WHEAT AND COCONUT ARE PRODUCED IN THIS FACILITY.

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

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