



Chocolatey Triple Delight

Nutrition Facts	
Serving Size: 1/2 cup (about 30g)	
Servings Per Container: about 19	
AMOUNT PER SERVING	
Calories 120	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber less than 1g	3%
Sugars 16g	
Protein 1g	
Calcium 2%	Iron 2%
Not a significant source of Vitamin A and Vitamin C.	
*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

INGREDIENTS:

Sugar, Corn Syrup, Popcorn, Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Dry Milk Powder, Soy Lecithin (an emulsifier), Yogurt Powder (Cultured Whey, Nonfat Milk), Salt, Lactic Acid, Natural and Artificial Flavor, Lactose, Titanium Dioxide (artificial color), Distilled Monoglycerides, Caramel Color, Vanilla, Vanillin (artificial flavor).

Contains soy and milk ingredients.

Manufactured in a facility that handles tree nuts, peanuts and wheat.

NO HYDROGENATED OILS LOW SODIUM



Butter Toffee Caramel Corn

Nutrition Facts

Serving Size: 1/2 cup (about 30g)

Servings Per Container: about 19

AMOUNT PER SERVING

Calories 100 Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 26g **9%**

Dietary Fiber 1g **4%**

Sugars 16g

Protein 1g

Not a significant source of Vitamin A, Vitamin C, Calcium and Iron.

*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

INGREDIENTS:

Sugar, Corn Syrup, Popcorn, Soybean Oil, Salt, Baking Soda, Natural and Artificial Flavor, Soy Lecithin (an emulsifier), Caramel Color.

Contains soy and milk ingredients.

Manufactured in a facility that handles tree nuts, peanuts and wheat.

CHOLESTEROL FREE

100% WHOLE GRAIN

NO TROPICAL OILS



Cheddar Cheese Corn

Nutrition Facts			
Serving Size: 2 1/3 cups (about 32g)			
Servings Per Container: about 6			
AMOUNT PER SERVING			
Calories 170	Calories from Fat 90		
% Daily Value*			
Total Fat 11g	17%		
Saturated Fat 1.5g	8%		
<i>Trans Fat</i> 0g			
Polyunsaturated Fat 2g			
Monounsaturated Fat 6g			
Cholesterol 5mg	2%		
Sodium 200mg	8%		
Total Carbohydrate 16g	5%		
Dietary Fiber 3g	12%		
Sugars 2g			
Protein 3g			
Vitamin A 2%	Vitamin C 0%		
Calcium 4%	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
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

INGREDIENTS:

Popcorn, Canola Oil, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Buttermilk, Maltodextrin, Salt, Disodium Phosphate, Color Added, TBHQ and Citric Acid to preserve freshness.

Contains milk ingredients.

Manufactured in a facility that handles soy, tree nuts, peanuts and wheat.

100% WHOLE GRAIN
NO TROPICAL OILS

NO ADDED SUGAR



White Cheddar Cheese Corn

Nutrition Facts

Serving Size: 2 1/3 cups (about 32g)

Servings Per Container: about 6

AMOUNT PER SERVING

Calories 170 **Calories from Fat** 90

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 6g

Cholesterol 5mg **2%**

Sodium 210mg **9%**

Total Carbohydrate 16g **5%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 4g

Vitamin A 2% • Vitamin C 0%

Calcium 4% • 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
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

INGREDIENTS:

Popcorn, Canola Oil, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Buttermilk, Maltodextrin, Salt, Disodium Phosphate, TBHQ and Citric Acid to preserve freshness.

Contains milk ingredients.

Manufactured in a facility that handles soy, tree nuts, peanuts and wheat.

100% WHOLE GRAIN

NO ADDED SUGAR

NO TROPICAL OILS



Unbelievable Butter

Nutrition Facts

Serving Size 1 Bag (66g)
 Makes about 10.5 cups popped
 Servings per Carton 18

AMOUNT PER SERVING	1 BAG UNPOPPED	1 BAG UNPOPPED	1 BAG POPPED
Calories		280	260
Calories from Fat		110	100
% Daily Value*			
Total Fat 11g, 11g		17%	17%
Saturated Fat 2g, 2g		10%	10%
Trans Fat 0g, 0g			
Polyunsaturated Fat 2.5g, 2.5g			
Monounsaturated Fat 6g, 6g			
Cholesterol 0mg, 0mg		0%	0%
Sodium 500mg, 450mg		24%	22%
Total Carbohydrate 41g, 37g		14%	12%
Dietary Fiber 7g, 6g		28%	24%
Sugars 0g, 0g			
Protein 5g, 5g			
Calcium		2%	2%
Iron		8%	6%

Not a significant source of Vitamin A and Vitamin C.

*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

FULL BAG POPPED

CALORIES.....260
CALORIES FROM FAT.....100

TOTAL FAT.....11g
SATURATED FAT.....2g
TRANS FAT.....0g
POLYUNSATURATED FAT.....2.5g
MONOUNSATURATED FAT.....6g
CHOLESTEROL.....0mg

NATURALLY CHOLESTEROL FREE

100% WHOLE GRAIN

GOOD SOURCE OF FIBER

NATURALLY GLUTEN AND SUGAR FREE

INGREDIENTS:

Popcorn, Canola Oil, Salt.

Contains 2% or less of the following: Natural & Artificial Flavor, Color Added, TBHQ and Citric Acid to preserve freshness, Hydrogenated Vegetable Oil (corn, cottonseed, soybean or sunflower).

Contains milk ingredients.



Butter Light

Nutrition Facts

Serving Size 1 Bag (59g)
 Makes about 10.5 cups popped
 Servings per Carton 18

AMOUNT PER SERVING 1 BAG UNPOPPED, POPPED	1 BAG UNPOPPED	1 BAG POPPED	
Calories	230	220	
Calories from Fat	60	60	
% Daily Value*			
Total Fat 6g, 6g	9%	9%	
Saturated Fat 1g, 1g	5%	5%	
Trans Fat 0g, 0g			
Polyunsaturated Fat 2g, 1.5g			
Monounsaturated Fat 3g, 3g			
Cholesterol 0mg, 0mg	0%	0%	
Sodium 380mg, 320mg	16%	13%	
Total Carbohydrate 39g, 36g	13%	12%	
Dietary Fiber 7g, 6g	28%	24%	
Sugars 0g, 0g			
Protein 5g, 5g			
Calcium	2%	2%	
Iron	8%	6%	
Not a significant source of Vitamin A and Vitamin C.			
*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

FULL BAG POPPED

CALORIES.....220
CALORIES FROM FAT.....60

TOTAL FAT.....6g
SATURATED FAT.....1g
TRANS FAT.....0g
POLYUNSATURATED FAT.....1.5g
MONOUNSATURATED FAT.....3g
CHOLESTEROL.....0mg

NATURALLY CHOLESTEROL FREE

100% WHOLE GRAIN

GOOD SOURCE OF FIBER

NATURALLY GLUTEN AND SUGAR FREE

†Contains 4g of fat and 120 calories compared to 9g of fat and 160 calories per 30g of Butter Microwave Popcorn.

INGREDIENTS:

Popcorn, Canola Oil, Salt.

Contains 2% or less of the following: Natural & Artificial Flavor, Color Added, TBHQ and Citric Acid to preserve freshness, Hydrogenated Vegetable Oil (corn, cottonseed, soybean or sunflower).

Contains milk ingredients.



Kettle Corn

Nutrition Facts

Serving Size 1 Bag (67g)
 Makes about 10.5 cups popped
 Servings per Carton 18

AMOUNT PER SERVING	1 BAG UNPOPPED	1 BAG POPPED
Calories	300	250
Calories from Fat	130	110
% Daily Value*		
Total Fat 15g, 12g	23%	18%
Saturated Fat 2.5g, 2g	13%	10%
<i>Trans</i> Fat 0g, 0g		
Polyunsaturated Fat 3g, 2.5g		
Monounsaturated Fat 8g, 6g		
Cholesterol 0mg, 0mg	0%	0%
Sodium 590mg, 490mg	25%	20%
Total Carbohydrate 37g, 31g	12%	10%
Dietary Fiber 7g, 6g	28%	24%
Sugars 0g, 0g		
Protein 5g, 4g		
Calcium	2%	2%
Iron	8%	6%

Not a significant source of Vitamin A and Vitamin C.
 *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

FULL BAG POPPED

CALORIES.....250
 CALORIES FROM FAT.....110

TOTAL FAT.....12g
 SATURATED FAT.....2g
 TRANS FAT.....0g
 POLYUNSATURATED FAT.....2.5g
 MONOUNSATURATED FAT.....6g
 CHOLESTEROL.....0mg

100% WHOLE GRAIN

GOOD SOURCE OF FIBER

NATURALLY GLUTEN AND SUGAR FREE

INGREDIENTS:

Popcorn, Canola Oil, Salt.

Contains 2% or less of the following: Natural & Artificial Flavor, Sucralose, TBHQ and Citric Acid to preserve freshness, Hydrogenated Vegetable Oil (corn, cottonseed, soybean or sunflower).

Contains milk ingredients.



White Chocolatey Pretzels

Nutrition Facts	
Serving Size: 30g (about 8 pretzels)	
Servings Per Container: about 19	
AMOUNT PER SERVING	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 2g	
Calcium 2%	Iron 2%
Not a significant source of Vitamin A and Vitamin C.	
*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

INGREDIENTS:

Wheat Flour, Sugar, Vegetable Oils (Palm Kernel and Corn), Nonfat Dry Milk Powder, Salt, Corn Syrup, Lactose, Sodium Bicarbonate, Titanium Dioxide (artificial color), Yeast, Distilled Monoglycerides, Soy Lecithin (an emulsifier), Vanillin (artificial flavor).

Contains wheat, milk and soy ingredients.

Manufactured in a facility that handles tree nuts and peanuts.

NO HYDROGENATED OILS



Caramel Corn with Almonds, Cashews, and Pecans

Nutrition Facts

Serving Size: 1/2 cup (about 30g)

Servings Per Container: about 25

AMOUNT PER SERVING

Calories 110 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 1g **4%**

Sugars 15g

Protein 1g

Iron **4%**

Not a significant source of 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
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

INGREDIENTS:

Sugar, Corn Syrup, Dextrose, Popcorn, Roasted Almonds (Almonds, Cottonseed Oil), Molasses, Butter (Cream, Salt), Roasted Cashews (Cashews, Cottonseed Oil), Roasted Pecans (Pecans, Cottonseed Oil), Soybean Oil, Salt, Baking Soda, Soy Lecithin (an emulsifier).

Contains soy, tree nuts and milk ingredients.
Manufactured in a facility that handles peanuts and wheat.

CHOLESTEROL FREE **100% WHOLE GRAIN** **NO TROPICAL OILS**



Butter Toffee Caramel Corn

Nutrition Facts

Serving Size: 1/2 cup (about 30g)

Servings Per Container: about 19

AMOUNT PER SERVING

Calories 100 Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 26g **9%**

Dietary Fiber 1g **4%**

Sugars 16g

Protein 1g

Not a significant source of Vitamin A, Vitamin C, Calcium and Iron.

*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

INGREDIENTS:

Sugar, Corn Syrup, Popcorn, Soybean Oil, Salt, Baking Soda, Natural and Artificial Flavor, Soy Lecithin (an emulsifier), Caramel Color.

Contains soy and milk ingredients.

Manufactured in a facility that handles tree nuts, peanuts and wheat.

CHOLESTEROL FREE

100% WHOLE GRAIN

NO TROPICAL OILS



Caramel Corn

Nutrition Facts

Serving Size: 1/2 cup (about 30g)

Servings Per Container: about 10

AMOUNT PER SERVING

Calories 100 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 24g **8%**

Dietary Fiber 1g **4%**

Sugars 17g

Protein 1g

Iron 4%

Not a significant source of 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
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

INGREDIENTS:

Sugar, Corn Syrup, Dextrose, Popcorn, Molasses, Butter (Cream, Salt), Soybean Oil, Salt, Baking Soda, Soy Lecithin (an emulsifier).

Contains soy and milk ingredients.

Manufactured in a facility that handles tree nuts, peanuts and wheat.

CHOLESTEROL FREE

100% WHOLE GRAIN



Popping Corn

Nutrition Facts

Serving Size: 3 Tbsp (about 36g)

Servings Per Container: about 31

AMOUNT PER SERVING

Calories 130 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0.5g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Potassium 110mg **3%**

Total Carbohydrate 25g **8%**

Dietary Fiber 5g **20%**

Protein 4g

Iron 6%

Not a significant source of Sugars, 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:

		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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS:

Popcorn.

Manufactured in a facility that handles milk, tree nuts, soy, peanuts and wheat.

CHOLESTEROL FREE

ALL NATURAL

100% WHOLE GRAIN

HIGH FIBER