

# Popcorn Nutritional Facts

## Buffalo Ranch

Nutrition Facts Serving Size: 1 oz (28g)		Daily Value
<b>Calories</b>	<b>80</b>	
<b>Total Fat (g)</b>	3.5g	5%
Saturated Fat (g)	2.5g	12%
<i>Trans</i> Fat (g)	0	0%
<b>Cholesterol (mg)</b>	5	1%
<b>Sodium (mg)</b>	450	19%
<b>Total Carbohydrates (g)</b>	15	5%
Dietary Fiber (g)	1	2%
Total Sugars (g)	1	
Includes Added Sugars (g)	0	0%
<b>Protein (g)</b>	1	

**Ingredients:** CORN, COCONUT OIL, CHEDDAR CHEESE (MILK, CHEESE CULTURES, ENZYMES), SEA SALT, SUGAR, WHEY, MALTODEXTRIN, BUTTERMILK, CHILI POWDER, SPICE, ONION POWDER, CREAM EXTRACT, PARSLEY, PAPRIKA, TURMERIC, MSG, CITRIC ACID, DISODIUM PHOSPHATE, LACTIC ACID, BETA CAROTENE, RED #40, YELLOW #5 AND #6, NATURAL FLAVOR

*Allergens:* Contains Milk. May come in contact with Tree Nuts, Peanuts, Soy

## Caramel Corn

Nutrition Facts Serving Size: 1 oz (28g)		Daily Value
<b>Calories</b>	<b>100</b>	
<b>Total Fat (g)</b>	1g	1%
Saturated Fat (g)	.5g	3%
<i>Trans</i> Fat (g)	0	0%
<b>Cholesterol (mg)</b>	0	0%
<b>Sodium (mg)</b>	30	1%
<b>Total Carbohydrates (g)</b>	23	8%
Dietary Fiber (g)	1	2%
Total Sugars (g)	17	
Includes Added Sugars (g)	0	0%
<b>Protein (g)</b>	0	

**Ingredients:** CORN, SUGAR, BROWN SUGAR, COCONUT OIL, CORN SYRUP, SEA SALT, COCONUT OIL, CHEDDAR CHEESE (MILK, CHEESE CULTURES, ENZYMES), SEA SALT, BETA CAROTENE, CREAM OF TARTAR, SOY LECITHIN

*Allergens:* Contains Soy. May come in contact with Milk, Tree Nuts, Peanuts

## Cheddar Jalapeño

Nutrition Facts Serving Size: 1 oz (28g)		Daily Value
<b>Calories</b>	<b>100</b>	
<b>Total Fat (g)</b>	1g	1%
Saturated Fat (g)	.5g	3%
<i>Trans</i> Fat (g)	0	0%
<b>Cholesterol (mg)</b>	0	0%
<b>Sodium (mg)</b>	30	1%
<b>Total Carbohydrates (g)</b>	23	8%
Dietary Fiber (g)	1	2%
Total Sugars (g)	17	
Includes Added Sugars (g)	0	0%
<b>Protein (g)</b>	0	

**Ingredients:** CORN, COCONUT OIL, CHEDDAR CHEESE (MILK, CHEESE CULTURES, ENZYMES), SEA SALT, BUTTERMILK, WHEY, DEXTROSE, JALEPENO SPICES, GARLIC POWDER, ONION POWDER, PARSLEY, CORN FLOUR, DISODIUM PHOSPHATE, BETA CAROTENE, YELLOW #5 AND #6, NATURAL FLAVOR

*Allergens:* Contains Milk. May come in contact with Tree Nuts, Peanuts, Soy

# Popcorn Nutritional Facts

## Chicago Style

Nutrition Facts Serving Size: 1 oz (28g)		Daily Value
<b>Calories</b>	<b>91</b>	
<b>Total Fat (g)</b>	1.5g	2%
Saturated Fat (g)	1g	5%
<i>Trans</i> Fat (g)	0	0%
<b>Cholesterol (mg)</b>	1	<1%
<b>Sodium (mg)</b>	382	16%
<b>Total Carbohydrates (g)</b>	20	7%
Dietary Fiber (g)	1	3%
Total Sugars (g)	13	
Includes Added Sugars (g)	0	0%
<b>Protein (g)</b>	0	

**Ingredients:** CORN, SUGAR, BROWN SUGAR, COCONUT OIL, CORN SYRUP, CHEDDAR CHEESE (MILK, CHEESE CULTURES, ENZYMES), SEA SALT, BETA CAROTENE, CREAM OF TARTAR, SOY LECITHIN, WHEY, NONFAT MILK, NATURAL FLAVOR

*Allergens:* Contains Milk, Soy. May come in contact with Tree Nuts, Peanuts

## Chocolate Avalanche

Nutrition Facts Serving Size: 1 oz (28g)		Daily Value
<b>Calories</b>	<b>110</b>	
<b>Total Fat (g)</b>	2g	3%
Saturated Fat (g)	1g	5%
<i>Trans</i> Fat (g)	0	0%
<b>Cholesterol (mg)</b>	0	0%
<b>Sodium (mg)</b>	65	3%
<b>Total Carbohydrates (g)</b>	20	7%
Dietary Fiber (g)	1	3%
Total Sugars (g)	15	
Includes Added Sugars (g)	0	0%
<b>Protein (g)</b>	0	

**Ingredients:** CORN, SUGAR, CORN SYRUP, COCONUT OIL, BROWN SUGAR, COCOA, SEA SALT, CREAM OF TARTAR, SOY LECITHIN, VANILLA, BETA CAROTENE, WHEY, NONFAT MILK, NATURAL FLAVOR

*Allergens:* Contains Milk, Soy. May come in contact with Tree Nuts, Peanuts

## Crunchy Toffee

Nutrition Facts Serving Size: 1 oz (28g)		Daily Value
<b>Calories</b>	<b>100</b>	
<b>Total Fat (g)</b>	1g	2%
Saturated Fat (g)	1g	4%
<i>Trans</i> Fat (g)	0	0%
<b>Cholesterol (mg)</b>	0	0%
<b>Sodium (mg)</b>	30	1%
<b>Total Carbohydrates (g)</b>	23	8%
Dietary Fiber (g)	1	4%
Total Sugars (g)	15	
Includes Added Sugars (g)	0	0%
<b>Protein (g)</b>	0	

**Ingredients:** CORN, SUGAR, BROWN SUGAR, COCONUT OIL, CORN SYRUP, BUTTER, SEA SALT, BETA CAROTENE, CREAM OF TARTAR, SOY LECITHIN

*Allergens:* Contains Milk, Soy. May come in contact with Tree Nuts, Peanuts

# Popcorn Nutritional Facts

## Kettle Corn

Nutrition Facts Serving Size: 1 oz (28g)		Daily Value
<b>Calories</b>	<b>100</b>	
<b>Total Fat (g)</b>	7g	10%
Saturated Fat (g)	1g	5%
<i>Trans</i> Fat (g)	0	0%
<b>Cholesterol (mg)</b>	0	0%
<b>Sodium (mg)</b>	160	7%
<b>Total Carbohydrates (g)</b>	22	7%
Dietary Fiber (g)	4	18%
Total Sugars (g)	6	
Includes Added Sugars (g)	0	0%
<b>Protein (g)</b>	0	

**Ingredients:** CORN, COCONUT OIL, SUGAR, SEA SALT

*Allergens:* May come in contact with Milk, Soy, Tree Nuts, Peanuts

## Movie Theater Butter

Nutrition Facts Serving Size: 1 oz (28g)		Daily Value
<b>Calories</b>	<b>120</b>	
<b>Total Fat (g)</b>	2.5g	4%
Saturated Fat (g)	1g	5%
<i>Trans</i> Fat (g)	0	0%
<b>Cholesterol (mg)</b>	0	0%
<b>Sodium (mg)</b>	352	14%
<b>Total Carbohydrates (g)</b>	23	8%
Dietary Fiber (g)	6	20%
Total Sugars (g)	0	
Includes Added Sugars (g)	0	0%
<b>Protein (g)</b>	0	

**Ingredients:** CORN, COCONUT OIL, SEA SALT, BETA CAROTENE

*Allergens:* May come in contact with Milk, Soy, Tree Nuts, Peanuts

## River Bottom Crunch

Nutrition Facts Serving Size: 1 oz (28g)		Daily Value
<b>Calories</b>	<b>120</b>	
<b>Total Fat (g)</b>	4g	6%
Saturated Fat (g)	1g	4%
<i>Trans</i> Fat (g)	0	0%
<b>Cholesterol (mg)</b>	0	0%
<b>Sodium (mg)</b>	25	1%
<b>Total Carbohydrates (g)</b>	21	7%
Dietary Fiber (g)	1	4%
Total Sugars (g)	16	
Includes Added Sugars (g)	0	0%
<b>Protein (g)</b>	1	

**Ingredients:** CORN, SUGAR, CORN SYRUP, COCONUT OIL, ALMONDS, PECANS, SEA SALT, CREAM OF TARTAR, SOY LECITHIN, BETA CAROTENE

*Allergens:* Contains Milk, Soy, Tree Nuts. May come in contact with Peanuts

# Popcorn Nutritional Facts

## White Cheddar

<b>Nutrition Facts</b> <b>Serving Size: 1 oz (28g)</b>		<b>Daily Value</b>
<b>Calories</b>	<b>90</b>	
<b>Total Fat (g)</b>	2g	3%
Saturated Fat (g)	1g	3%
<i>Trans</i> Fat (g)	0	0%
<b>Cholesterol (mg)</b>	0	0%
<b>Sodium (mg)</b>	75	3%
<b>Total Carbohydrates (g)</b>	17	6%
Dietary Fiber (g)	5	20%
Total Sugars (g)	1	
Includes Added Sugars (g)	0	0%
<b>Protein (g)</b>	0	

**Ingredients:** CORN, COCONUT OIL, CHEDDAR CHEESE (MILK, ENZYMES), SEA SALT, BUTTERMILK, DISODIUM PHOSPHATE, WHEY, BETA CAROTENE, NATURAL FLAVOR

*Allergens:* Contains Milk. May come in contact with Soy, Tree Nuts, Peanuts