



13G OF WHOLE GRAIN PER 10Z SERVING* (*48G WHOLE GRAINS RECOMMENDED DAILY)

Nutrition Facts 2 servings per container Serving size About 2 1/3 cups (28g)

Calories	Per s 16	Per serving 160		70	
		% DV*		% DV*	
Total Fat	11g	14%	4.5g	6%	
Saturated Fat	1.5g	8%	0.5g	4%	
Trans Fat	0g		0g		
Cholesterol	0mg	0%	0mg	0%	
Sodium	180mg	8%	80mg	3%	
Total Carb.	14g	5%	6g	2%	
Dietary Fiber	2g	6%	<1g	3%	
Total Sugars	1g		<1g		
Protein	2g		<1g		
Vitamin D	0mcg	0%	0mcg	0%	
Calcium	20mg	0%		0%	
Iron	0.4mg	2%		0%	
Potassium	140mg	2%	60mg	0%	

Not a significant source of added sugars.

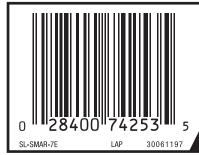
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: POPCORN, VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), CORN MALTODEXTRIN, AND LESS THAN 2% OF WHEY, SALT, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), NATURAL FLAVORS, TOMATO POWDER, BROWN SUGAR, SUGAR, POTASSIUM SALT, CREAM, ONION POWDER, BUTTERMILK, CAROB POWDER, YEAST EXTRACT, GUM ACACIA, PAPRIKA, GARILC POWDER, SPICES, PAPRIKA EXTRACTS, BUTTER (CREAM, SALT), AND SWISS CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES).

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QUESTIONS OR COMMENTS? 1-888-924-5654 WEEKDAYS 9:00AM-4:30PM CENTRAL TIME

CHOKE WARNING: Do not give to children younger than 4 years old.





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