

Cheese Corn

Nutrition Facts

Serving Size: 2 cups (30g)
 Servings Per Container: Varies

Amount Per Serving

Calories 180 **Calories from Fat** 110

% Daily Value**

Total Fat 13g	20%
Saturated Fat 4.5g	23%
Trans Fat 2g	
Cholesterol 5mg	2%
Sodium 170mg	7%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 0g	

Protein 4g

Vitamin A 2% • Vitamin C 0%
 Calcium 6% • 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	
Saturated 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 • Carbohydrates 4 • Protein 4

Ingredients: Popcorn, partially hydrogenated soybean oil, corn oil, dehydrated cheeses (cheddar, blue, romano (cultured milk, salt and enzymes)), salt, sour cream powder, nonfat dry milk, cream salt, maltodextrin, lactic acid, natural & artificial flavors, citric acid, yellow #5 & #6, soy lecithin, sodium phosphate, disodium inosinate & guanylate and silicon dioxide to prevent caking.

Allergy Information: Contains Milk and Soy. Processed in a facility that also processes peanuts.