

Nutrition Facts

Serving Size
Servings Per Container

Amount Per Serving

Calories
Calories From Fat

Total Fat
Saturated Fat

Trans Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber
Sugars

Protein

*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 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Butter Popcorn

1 oz. (28g) = About 2 cups
about 16-1/2

160

110

% Daily Value*

12g **18%**

1.5g **8%**

0g

0mg **0%**

160mg **7%**

12g **4%**

2g **8%**

0g

2g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **2%**

Cheese Popcorn

1 oz. (28g) = About 2 cups
about 17

170

110

% Daily Value*

13g **20%**

2.5g **13%**

0g

5mg **2%**

210mg **9%**

11g **4%**

2g **8%**

0g

3g

Vitamin A **2%**

Vitamin C **0%**

Calcium **4%**

Iron **2%**

Caramel Popcorn

1 oz. (28g) = About 2/3 cups
about 60

110

20

% Daily Value*

2.5g **4%**

0.5g **3%**

0g

0mg **0%**

135mg **6%**

22g **7%**

1g **4%**

12g

0g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Ingredients: BUTTER POPCORN: POPCORN, CORN OIL, SALT, BUTTER OIL, BETA CAROTENE (COLOR). CHEESE POPCORN: POPCORN, CORN OIL, CHEDDAR CHEESE SEASONING, [(CHEDDAR CHEESE: MILK, CHEESE CULTURES, SALT, ENZYMES), PARTIALLY HYDROGENATED SOYBEAN OIL, WHEY, MALTODEXTRIN, SALT, DISODIUM PHOSPHATE, NONFAT DRY MILK, MONOSODIUM GLUTAMATE, LACTIC ACID, ARTIFICIAL COLOR (FD&C YELLOW 6, YELLOW 5) CITRIC ACID.] SALT, BETA CAROTENE. CARAMEL POPCORN: CORN SYRUP SOLIDS, BROWN SUGAR, SUGAR, POPCORN, CORN OIL, BUTTER (CREAM, SALT), MOLASSES, SALT, SOY LECITHIN (AN EMULSIFIER), BETA CAROTENE (FOR COLOR).

CONTAINS SOY AND MILK INGREDIENTS.

May Contain Tree Nuts, Peanuts, Wheat And Egg Ingredients.

**THE
POPCORN
FACTORY**
Celebrating 25th Anniversary™

The Popcorn Factory
Lake Forest, IL 60045

www.thepopcornfactory.com
1-800-842-0256

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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Butter Popcorn

1 oz. (28g) = About 2 cups
about 6-1/2

160

110

% Daily Value*

12g **18%**

1.5g **8%**

0g

0mg **0%**

160mg **7%**

12g **4%**

2g **8%**

0g

2g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 2%

Cheese Popcorn

1 oz. (28g) = About 2 cups
about 7

170

110

% Daily Value*

13g **20%**

2.5g **13%**

0g

5mg **2%**

210mg **9%**

11g **4%**

2g **8%**

0g

3g

Vitamin A 2%

Vitamin C 0%

Calcium 4%

Iron 2%

Caramel Popcorn

1 oz. (28g) = About 2/3 cups
about 20

110

20

% Daily Value*

2.5g **4%**

0.5g **3%**

0g

0mg **0%**

135mg **6%**

22g **7%**

1g **4%**

12g

0g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

Ingredients: BUTTER POPCORN: POPCORN, CORN OIL, SALT, BUTTER OIL, BETA CAROTENE (COLOR). CHEESE POPCORN: POPCORN, CORN OIL, CHEDDAR CHEESE SEASONING, [(CHEDDAR CHEESE: MILK, CHEESE CULTURES, SALT, ENZYMES), PARTIALLY HYDROGENATED SOYBEAN OIL, WHEY, MALTODEXTRIN, SALT, DISODIUM PHOSPHATE, NONFAT DRY MILK, MONOSODIUM GLUTAMATE, LACTIC ACID, ARTIFICIAL COLOR (FD & C YELLOW 6, YELLOW 5) CITRIC ACID.] SALT, BETA CAROTENE. CARAMEL POPCORN: CORN SYRUP SOLIDS, BROWN SUGAR, SUGAR, POPCORN, CORN OIL, BUTTER (CREAM, SALT), MOLASSES, SALT, SOY LECITHIN (AN EMULSIFIER), BETA CAROTENE (FOR COLOR).

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caramel_popcorn®

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2 LB 2 oz (962g) ⓈD

REV. A

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Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Butter Popcorn

1 oz. (28g) = About 2 cups
about 9

160

110

% Daily Value*

12g **18%**

1.5g **8%**

0g

0mg **0%**

160mg **7%**

12g **4%**

2g **8%**

0g

2g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **2%**

Cheese Popcorn

1 oz. (28g) = About 2 cups
about 8-1/2

170

110

% Daily Value*

13g **20%**

2.5g **13%**

0g

5mg **2%**

210mg **9%**

11g **4%**

2g **8%**

0g

3g

Vitamin A **2%**

Vitamin C **0%**

Calcium **4%**

Iron **2%**

Caramel Popcorn

1 oz. (28g) = About 2/3 cups
about 30

110

20

% Daily Value*

2.5g **4%**

0.5g **3%**

0g

0mg **0%**

135mg **6%**

22g **7%**

1g **4%**

12g

0g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Ingredients: BUTTER POPCORN: POPCORN, CORN OIL, SALT, BUTTER OIL, BETA CAROTENE (COLOR). CHEESE POPCORN: POPCORN, CORN OIL, CHEDDAR CHEESE SEASONING, [(CHEDDAR CHEESE: MILK, CHEESE CULTURES, SALT, ENZYMES), PARTIALLY HYDROGENATED SOYBEAN OIL, WHEY, MALTODEXTRIN, SALT, DISODIUM PHOSPHATE, NONFAT DRY MILK, MONOSODIUM GLUTAMATE, LACTIC ACID, ARTIFICIAL COLOR (FD&C YELLOW 6, YELLOW 5) CITRIC ACID.] SALT, BETA CAROTENE. CARAMEL POPCORN: CORN SYRUP SOLIDS, BROWN SUGAR, SUGAR, POPCORN, CORN OIL, BUTTER (CREAM, SALT), MOLASSES, SALT, SOY LECITHIN (AN EMULSIFIER), BETA CAROTENE (FOR COLOR).

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