

3.5 oz Butter Popcorn



Nutrition Facts

Serving Size About 2 cups 1 oz (28g)
Servings Per Container About 3.5

Amount Per Serving

Calories 160 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 12g **4%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • 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

BUTTER POPCORN

Ingredients: Popcorn, Corn Oil, Salt, Butter Oil, Beta Carotene (Color).

CONTAINS MILK.

May Contain Egg, Peanut, Tree Nut, Soy and Wheat Ingredients.



Lake Forest, IL 60045
www.ThePopcornFactory.com
1.800.541.2676

4.5 oz Cheese Popcorn



Nutrition Facts

Serving Size About 2 cups 1 oz (28g)
Servings Per Container About 4.5

Amount Per Serving

Calories 160 Calories from Fat 100

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 12g **4%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • 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

CHEESE POPCORN

Ingredients: Popcorn, Corn Oil, Whey, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Maltodextrin, Salt, Buttermilk, Canola Oil, Whey Protein Concentrate, Nonfat Dry Milk, Disodium Phosphate, Monosodium Glutamate, Citric Acid, Artificial Colors (FD&C Yellow # 5, Yellow # 6), Lactic Acid, Beta Carotene (Color).

CONTAINS MILK.

May Contain Egg, Peanut, Tree Nut, Soy and Wheat Ingredients.



Lake Forest, IL 60045
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6.5 oz White Cheddar Popcorn

Nutrition Facts

Serving Size About 2 cups 1 oz (28g)
Servings Per Container About 7

Amount Per Serving

Calories 170 Calories from Fat 120

% Daily Value*

Total Fat 14g **22%**

 Saturated Fat 2g **10%**

 Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 260mg **11%**

Total Carbohydrate 11g **4%**

 Dietary Fiber 2g **8%**

 Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • 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

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WHITE CHEDDAR POPCORN

Ingredients: Popcorn, Corn Oil, Cheddar Cheese Seasoning (Cheddar Cheese [Milk, Salt, Cheese Cultures, Enzymes], Whey, Buttermilk, Maltodextrin, Salt, Disodium Phosphate), Salt.

CONTAINS MILK.

May Contain Egg, Peanut, Soy, Tree Nut and Wheat Ingredients.

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Lake Forest, IL 60045
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1.800.541.2676

4 oz Jalapeno Popcorn

JALAPEÑO POPCORN

Net. Wt. 4 oz. (112g) ⓈD

Nutrition Facts

Serving Size About 2 cups (28g)

Servings Per Container About 4

Amount Per Serving

Calories 160 Calories from Fat 100

% Daily Value*

Total Fat 12g **18%**

 Saturated Fat 1.5g **8%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **10%**

Total Carbohydrate 12g **4%**

 Dietary Fiber 2g **8%**

 Sugars 1g

Protein 2g

Vitamin A 2% • Vitamin C 2%

Calcium 2% • 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

JALAPEÑO POPCORN

Ingredients: Popcorn, Corn Oil, Jalapeno Seasoning (Whey Solids [Milk], Salt, Spices, Onion Powder, Tomato Powder, Monosodium Glutamate, Citric Acid, Hydrolyzed Soy Protein, Garlic Powder, Artificial Colors [FD&C Yellow # 6 Lake, Red # 40 Lake], Caramel Color, Artificial Flavors, BHA), Salt.

CONTAINS MILK AND SOY.

May Contain Egg, Peanut, Tree Nut and Wheat Ingredients.

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Lake Forest, IL 60045
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1.800.541.2676

5 oz Bacon Cheddar Popcorn

BACON CHEDDAR POPCORN

Net. Wt. 5 oz. (140g) U D

Nutrition Facts

Serving Size About 2 cups 1 oz (28g)
Servings Per Container About 5

Amount Per Serving

Calories 160 Calories from Fat 100

% Daily Value*

Total Fat 11g **17%**

 Saturated Fat 1.5g **8%**

 Trans Fat 0g

Cholesterol 0mg **1%**

Sodium 510mg **21%**

Total Carbohydrate 12g **4%**

 Dietary Fiber 2g **7%**

 Sugars 1g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • 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

BACON CHEDDAR POPCORN

Ingredients: Popcorn, Corn Oil, Seasoning (Autolyzed Yeast Extract, Salt, Maltodextrin, Partially Hydrogenated Soybean Oil, Natural Flavors, Lactic Acid), White Cheddar Cheese (Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Whey, Buttermilk, Maltodextrin, Salt, Disodium Phosphate), Cheddar Cheese Seasoning (Whey, Canola Oil, Maltodextrin, Cheddar Cheese [Cultured Milk, Salt, Enzymes], Salt, Whey Protein Concentrate, Nonfat Dry Milk, Disodium Phosphate, Monosodium Glutamate, Citric Acid, Artificial Colors [FD&C Yellow 5, Yellow 6], Lactic Acid), Salt, Beta Carotene (for color).

CONTAINS MILK AND SOY.

May Contain Egg, Peanut, Tree Nut and Wheat Ingredients.



Lake Forest, IL 60045
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1.800.541.2676



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5 oz Cheezy Jalapeno Popcorn

Nutrition Facts		
Serving Size About 2 cups (28g)		
Servings Per Container About 5		
Amount Per Serving		
Calories 160	Calories from Fat 100	
% Daily Value*		
Total Fat 12g	18%	
Saturated Fat 1.5g	8%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 240mg	10%	
Total Carbohydrate 12g	4%	
Dietary Fiber 2g	8%	
Sugars 1g		
Protein 2g		
Vitamin A 2%	• Vitamin C 2%	
Calcium 2%	• 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



CHEEZY JALAPEÑO POPCORN

Ingredients: Cheese Popcorn (Popcorn, Corn Oil, Whey, Cheddar Cheese [Cultured Milk, Salt, Enzymes], Maltodextrin, Salt, Buttermilk, Canola Oil, Whey Protein Concentrate, Nonfat Dry Milk, Disodium Phosphate, Monosodium Glutamate, Citric Acid, Artificial Colors [FD&C Yellow 5, Yellow 6], Lactic Acid, Beta Carotene [Color]), Jalapeno Popcorn (Popcorn, Corn Oil, Jalapeno Seasoning [Whey Solids (Milk), Salt, Spices, Onion Powder, Tomato Powder, Monosodium Glutamate, Citric Acid, Hydrolyzed Soy Protein, Garlic Powder, Artificial Colors (FD&C Yellow 6 Lake, Red 40 Lake), Caramel Color, Artificial Flavors, BHA], Salt).

CONTAINS MILK AND SOY.

May Contain Egg, Peanut, Tree Nut and Wheat Ingredients.



Lake Forest, IL 60045
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5 oz Cracked Pepper Sea Salt Popcorn

Nutrition Facts

Serving Size About 2 cups 1 oz (28g)
 Servings Per Container About 5

Amount Per Serving

Calories 160 Calories from Fat 110

% Daily Value*

Total Fat 13g **20%**

 Saturated Fat 1.5g **8%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 11g **4%**

 Dietary Fiber 2g **8%**

 Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • 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	45g	60g
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

CRACKED PEPPER & SEA SALT POPCORN



Ingredients: Popcorn, Corn Oil, Ranch Snack Seasoning (Black Pepper, Salt, Buttermilk, Onion Powder, Maltodextrin, Sugar, Cultured Whey, Monosodium Glutamate, Sour Cream Solids [Cream, Nonfat Milk, Cultures], Dextrose, Garlic Powder, Tomato Powder, Nonfat Milk, Dehydrated Parsley, Paprika [Color], Hydrolyzed Wheat Gluten, Enzyme Modified Cheddar Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Citric Acid, Spice, Malic Acid, Whey, Disodium Inosinate, Disodium Guanylate, Natural and Artificial Ranch Flavor, Butter Oil), Sea Salt.

CONTAINS MILK AND WHEAT.

May contain Egg, Peanut, Soy and Tree Nut Ingredients.



Lake Forest, IL 60045
www.ThePopcornFactory.com
 1.800.501.2676

3.5 oz Green Butter Popcorn

GREEN BUTTER POPCORN

Net. Wt. 3.5 oz. (98 g) 

Nutrition Facts

Serving Size About 2 cups (28g)

Servings Per Container About 3.5

Amount Per Serving

Calories 160 **Calories from Fat** 100

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 13g **4%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 2g

Vitamin A 0% - Vitamin C 0%

Calcium 0% - 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

ST. PATRICK'S DAY GREEN BUTTER POPCORN

Ingredients: Popcorn, Corn Oil, Salt, Butter Oil, Artificial Color (FD&C Yellow 5 Lake, Blue 1 Lake).

CONTAINS MILK.

May Contain Egg, Peanut, Soy, Tree Nut and Wheat Ingredients.

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