

# Nutrition Facts

Serving Size 2-1/4 Cups (30g)

## Amount Per Serving

**Calories** 170    Calories from Fat 100

**% Daily Value\***

**Total Fat** 12g                      **18%**

Saturated Fat 2g                      **10%**

Trans Fat 0g

Polyunsaturated Fat 6g

Monounsaturated Fat 3g

**Cholesterol** less than 5mg              **0%**

**Sodium** 210mg                      **9%**

**Total Carbohydrate** 14g              **5%**

Dietary Fiber 2g                      **8%**

Sugars 2g

**Protein** 3g

Vitamin A 0%    •    Vitamin C 4%

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	65g	80g
Sat 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:

**PRODUCT:**  
**ERIN'S POPCORN**

**FLAVOR:**  
**JALAPEÑO WHITE CHEDDAR**

**INGREDIENTS:** POPCORN, CORN OIL, WHEY, CHEDDAR CHEESE (PASTERUIZED MILK, SALT, CHEESE CULTURE, ENZYMES), SALT, BELL PEPPER POWDER, BUTTERMILK SOLIDS, ONION POWDER, NATURAL FLAVORS, JALAPEÑO POWDER, GARLIC POWDER, NONFAT DRY MILK, LACTIC ACID, WHEY PROTEIN CONCENTRATE.

CONTAINS: MILK

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Data subject to change.

Refer to packaging.

**TIM'S CASCADE SNACKS**  
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