

# Nutrition Facts

Serving Size 2 Cups (30g)

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**Amount Per Serving**

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**Calories** 170

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**% Daily Value\***

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**Total Fat** 11g **14%**

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Saturated Fat 2g **10%**

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Trans Fat 0g

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Polyunsaturated Fat 6g

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Monounsaturated Fat 3g

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**Cholesterol** less than 5mg **1%**

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**Sodium** 135mg **6%**

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**Total Carbohydrate** 15g **5%**

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Dietary Fiber Less than 1g **2%**

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Total Sugars 1g

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Incl. Added Sugars 0g **0%**

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**Protein** 3g

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Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.8mg 4%

Potassium 0mg 0%

\* 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.

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

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

**INGREDIENTS:** POPCORN, CORN OIL, CHEDDAR CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURE, ENZYMES), BUTTERMILK, WHEY, SALT AND NATURAL FLAVORS.

CONTAINS: MILK

2018-03-31  
Data subject to change.  
Refer to packaging.

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