



Cheese Lover's Tin

Two 7 oz Foil Bags of Cheddar Cheese Corn

Nutrition Facts			
Serving Size 2 1/3 cups (about 32g)			
Servings Per Container about 12			
Amount Per Serving			
Calories	180	Calories from Fat	110
		% Daily Value*	
Total Fat	13g		20%
Saturated Fat	11g		55%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	380mg		16%
Total Carbohydrate	12g		4%
Dietary Fiber	3g		12%
Protein	4g		
Calcium	8%	•	Iron 2%
Not a significant source of sugars, Vitamin A and Vitamin C.			
*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:			
Fat 9 • Carbohydrate 4 • Protein 4			

Ingredients:

Popcorn, Coconut Oil, Cheddar Cheese (milk, salt, cheese cultures, enzymes), Whey, Buttermilk, Maltodextrin, Salt, Disodium Phosphate, Lactic Acid, Artificial Color (including Yellow 5, Yellow 6).

Contains milk ingredients.

Manufactured in a facility that handles soy, peanuts and tree nuts.



Cheese Lover's Tin

One 7 oz Foil Bag of White Cheddar Cheese Corn

Nutrition Facts	
Serving Size ½ cup (about 29g)	
Servings Per Container about 23	
Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value**	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 1g	
Calcium 0%	Iron 0%
Not a significant source of Vitamin A and Vitamin C.	
**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:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients:

Popcorn, Coconut Oil, Cheddar Cheese (milk, salt, cheese cultures, enzymes), Whey, Buttermilk, Maltodextrin, Salt, Disodium Phosphate, Lactic Acid, Artificial Color (including Yellow 5, Yellow 6).

Contains milk ingredients.

Manufactured in a facility that handles soy, peanuts and tree nuts.