

**Bickels Snack Foods  
Cheese Popcorn**

<b>NUTRITION FACTS</b>	
Serving Size: 1oz (28g / about 2 ½ cups)	
Servings per Container:	
Amount per Serving	
<b>Calories</b> 160	<b>Calories from Fat</b> 90
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	16%
Saturated Fat 1.5g	9%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 2g	10%
Sugars 1g	
<b>Protein</b> 2g	
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
Calories per gram:	
Fat 9	* Carbohydrate 4    * Protein 4

Ingredients: Air popped popcorn, vegetable oil (contains one or more of the following: cottonseed, corn, canola, safflower, soybean, sunflower), whey, maltodextrin, salt, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), sodium caseinate, monosodium glutamate, natural and artificial flavors, disodium phosphate, yellow no. 6 and yellow no. 5.

\*\*Contains: Milk and Soy Ingredients.