



Smartfood® White Cheddar Popcorn – 1 oz. (28 g.)

Nutrition Facts	
Serving Size	1 package
Servings Per Container	1
Amount Per Serving	
Calories	160
Calories from Fat	90
	%Daily Value*
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol less than 5mg	2%
Sodium 290mg	12%
Potassium 100mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	2%
Vitamin E	8%
Thiamin	2%
Riboflavin	6%
Vitamin B6	4%
Phosphorus	10%
Magnesium	6%
Zinc	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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total	300g 375g
Carbohydrate	
Dietary	25g 30g
Fiber	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Ingredients:

Popcorn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Buttermilk, and Salt.

CONTAINS MILK INGREDIENTS.

Case UPC	000-28400-44439-2
Bag UPC	0-28400-02000-8
Case Pack	64/1 oz. bags
Kosher Status	Not Kosher
AHG Compliant	No
USDA Competitive Food Compliant	No
Healthier US Schools Compliant Competitive Foods (Gold Award of Distinction)	No
Grain/Bread Equivalents	n/a
Weight of Grain	n/a
Document Updated	6/14