

Nutrition Facts

POPCORN EAR

10 servings per container

Serving size (40g)

Amount Per Serving

Calories **160**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.25g **1%**

Trans Fat 0g

Polyunsaturated Fat 0.93g

Monounsaturated Fat 0.38g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 31g **11%**

Dietary Fiber 6g **21%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 5g **10%**

Vitamin D 0mcg **0%**

Calcium 2.8mg **0%**

Iron 1.28mg **8%**

Potassium 132mg **2%**

*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.

INGREDIENTS: popcorn

BUTTERY GARLIC SEASONING: Nutrition Facts Servings: 11, Serv. size: 1/4 tsp. (0.9g), Amount per serving: Calories 0, Total Fat 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 170mg (7% DV), Total Carb. 0g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), Protein 0g, Vit. D (0% DV), Calcium (3% DV), Iron (0% DV), Potas. (5% DV).

INGREDIENTS: Sea Salt, Dried Garlic, Butter Powder and Parmesan Cheese Powder. **CONTAINS: MILK**

DILL PICKLE SEASONING: Nutrition Facts Servings: 12.5, Serv. size: 1/4 tsp. (0.8g), Amount per serving: Calories 0, Total Fat 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 70mg (3% DV), Total Carb. 0g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), Protein 0g, Vit. D (0% DV), Calcium (3% DV), Iron (0% DV), Potas. (6% DV).

INGREDIENTS: Dried Garlic, Sea Salt, Dried Onion, Spices (Dill, Black Pepper, Parsley), Natural Dill Flavor (Gluten-Free, Non-GMO), Distilled White Vinegar Powder (Non-GMO), and Citric Acid.

SPICY BUFFALO SEASONING: Nutrition Facts Servings: 12.5, Serv. size: 1/4 tsp. (0.8g), Amount per serving: Calories 5, Total Fat 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 10mg (0% DV), Total Carb. 1g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), Protein 0g, Vit. D (0% DV), Calcium (3% DV), Iron (0% DV), Potas. (7% DV).

INGREDIENTS: Cane Sugar, Chili Powder, Parmesan Cheese Powder, Dried Garlic, Dried Onion, Distilled White Vinegar Powder (Non-GMO), Black Pepper, Red Pepper, Spices, Sea Salt, and Cocoa (Processed with Alkali). **CONTAINS: MILK.**

SALTED CARAMEL SEASONING: Nutrition Facts Servings: 10, Serv. size: 1/4 tsp. (1g), Amount per serving: Calories 5, Total Fat 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 5mg (0% DV), Total Carb. 1g (0% DV), Fiber 0g (0% DV), Total Sugars 1g (Incl. 1g Added Sugars, 2% DV), Protein 0g, Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (0% DV).

INGREDIENTS: Cane Sugar, Natural Caramel Flavor (gluten-free, non-GMO), Butter Powder, and Sea Salt. **CONTAINS: MILK**

WHITE CHEDDAR SEASONING: Nutrition Facts: Servings: 17, Serv. size: 1/4 tsp. (0.6g), Amount per serving: Calories 5, Total Fat 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 25mg (1% DV), Total Carb. 0g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), Protein 0g, Vit. D (0% DV), Calcium (5% DV), Iron (0% DV), Potas. (5% DV).

INGREDIENTS: Cheddar Cheese Powder (Cheddar Cheese [Milk, Salt, Cheese Cultures & Enzymes], Whey, Buttermilk, & Salt), Parmesan Cheese Powder (Milk, Salt, Cultures, & Enzymes), Cane Sugar, and Sea Salt. **CONTAINS: MILK.**