



**Smartfood® Delight White Cheddar Popcorn – .5 oz. (14 g)**

<b>Nutrition Facts</b>	
Serving Size	1 package
Servings Per Container	1
<b>Amount Per Serving</b>	
<b>Calories</b>	1 package 70
<b>Calories from Fat</b>	20
	<b>%Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Potassium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 2g	<b>6%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
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
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 Fiber	25g      30g
Calories per gram:	
Fat 9	Carbohydrate 4      Protein 4

**Ingredients:**

Popcorn, Vegetable Oil (Corn, Canola and/or Sunflower Oil), Maltodextrin (Made From Corn), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Reduced Lactose Whey, Salt, Whey, Whey Protein Concentrate, Buttermilk, Canola Oil, Potassium Chloride, Natural Flavors, Yeast Extract, Lactic Acid, and Citric Acid.

**CONTAINS MILK INGREDIENTS.**

Case UPC	000-28400-25566-0
Bag UPC	0-28400-04096-3
Case Pack	72/.5 oz. bags
Kosher Status	Not Kosher
AHG Compliant	Yes – E, M, H
USDA Competitive Foods	Yes- 50% or more whole grain by weight
Grain- oz. eq.	0
Weight of Grain	0
Document Updated	1/27/14

I verify the above information is accurate as of 1/27/14.

Jan Ruegg

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