

NUTRITIONAL FACTS

WABASH VALLEY FARMS

The All Inclusive 2lb Popcorn Set

Vintage Red Popcorn Kernels

Nutrition Facts	
servings per container	
Serving size	(30g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 1mg	6%
Potassium 79mg	2%

*The % Daily Value 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.

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Sweet Carmel Seasoning

Nutrition Facts	
Serving Size 1/4 tsp (.8g)	
Servings Per Container about 130	
Amount Per Serving	
Calories 0	Calories from fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate <1g	0%
Sugars 0g	
Protein 0g	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	
INGREDIENTS: MALTODEXTRIN, SUGAR, BROWN SUGAR, NATURAL FLAVORS, SILICON DIOXIDE (ANTICAKING), SOY LECITHIN. CONTAINS MILK, SOY.	
<small>Dist. by: Wabash Valley Farms, Monon IN 47959 Information or Comments, Call 1-877-888-7077 © 2015 Wabash Valley Farms Made in U.S.A.</small>	

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Zesty Cheddar Seasoning

Nutrition Facts	
Serving Size 1/4 tsp (0.8g)	
Servings Per Container about 371	
Amount Per Serving	
Calories 0	
% Daily Value*	
Total Fat 0g	0%
Sodium 95mg	4%
Total Carbohydrate 0g	0%
Protein 0g	0%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	
<small>INGREDIENTS: WHEY, CHEESE POWDER (CHEDDAR CHEESE (MILK, SALT, CHEESE CULTURES, ENZYMES), WHEY, BUTTERMILK, SALT, DISODIUM PHOSPHATE, ARTIFICIAL COLOR INCLUDING YELLOW 5 & 6), SALT, MONOSODIUM GLUTAMATE, ONION POWDER, LACTIC ACID, GARLIC POWDER, CITRIC ACID, DISODIUM INOSINATE & DISODIUM GUANYLATE, OLEORESIN PAPRIKA, OLEORESIN TURMERIC, LESS THAN 2% OF SILICON DIOXIDE (ANTICAKING). ALLERGENS: CONTAINS MILK</small>	
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Buttery Topping

Nutrition Facts Serv. Size:
1 tbsp (14g), Servings: **Calories** 119, Fat Cal.
119, **Total Fat** 14g (21% DV), Sat. Fat 2g (12%
DV), Trans Fat 2g, **Cholest.** 0mg (0% DV),
Sodium 0mg (0% DV), **Total Carb.** 0g (0% DV),
Sugars 0g, **Protein** 0g. Percent Daily Values
(DV) are based on a 2,000 calorie diet.

INGREDIENTS: PARTIALLY HYDROGENATED SOYBEAN OIL
WITH ARTIFICIAL BUTTER FLAVOR, TBHQ AND CITRIC ACID
ADDED TO IMPROVE STABILITY, BETA CAROTENE FOR COLOR,
METHYL-SILICONE ADDED AS AN ANTI-FOAMING AGENT.

*THIS PRODUCT WAS PROCESSED IN A FACILITY THAT USES NUTS AND/OR NUT PRODUCTS

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Yellow Popcorn Kernels

Nutrition Facts	Serving Size 3 tbsp (39g unpopped)	
	Servings per container: 12	
	Amount Per Serving	
	Calories 110	Calories from Fat 15
	% Daily Value*	
	Total Fat 1.5g	2%
	Cholesterol 0mg	0%
	Sodium 10mg	0%
	Total Carbohydrate 27g	9%
	Dietary Fiber 7g	28%
Sugars 1g		
Protein 4g		

1 lb.

• Iron 4% •

Not a significant source of saturated fat, Vitamin A, Vitamin C, and calcium.

*Percent Daily Values are based on 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	85g
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