

NUTRITIONAL FACTS

CRACKCORN

Original

Nutrition Facts	
3 servings per container	
Serving size	1 cup (38g)
Amount Per Serving	
Calories	150
<small>% Daily Value*</small>	
Total Fat 10g	13%
Saturated Fat 5g	25%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 10g Added Sugars	20%
Protein < 1g	1%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

CRACK CORN – THE ORIGINAL – INGREDIENTS:

Corn Meal, Vegetable Oil (Contains one or more of the following: Corn, Palm Kernel Oil, Hydrogenated Palm Kernel Oil, and/or Canola Oil), Sugar, Whey Powder, Whole Milk Solids, Nonfat Dry Milk Solids, Soy Lecithin (an emulsifier), Salt, and Artificial Flavor. CONTAINS MILKS AND SOY.

NUTRITIONAL FACTS

CRACKCORN

Sea Salt Caramel

Nutrition Facts	
3 servings per container	
Serving size	1 cup (38g)
Amount Per Serving	
Calories	150
<small>% Daily Value*</small>	
Total Fat 10g	13%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 10g Added Sugars	20%
Protein < 1g	1%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

CRACK CORN – SEA SALT CARAMEL – INGREDIENTS:

Vegetable Oil (Contains One Or More Of The Following: Palm Kernel Oil, Corn And/Or Canola Oil), Corn Meal, Sugar, Nonfat Dry Milk Solids, Whole Milk Solids, Salt, Natural & Artificial Flavor, Maltodextrin, Fd&C Yellow 5 Lake, Yellow 6 Lake, Blue Lake 2, Soy Lecithin (An Emulsifier), Natural Flavor Gum Acacia, Disodium Inosinate & Disodium Guanylate, Fd&C Yellow 6 Lake, and Artificial Color. CONTAINS MILKS AND SOY.

NUTRITIONAL FACTS

CRACKCORN

French Toast

Nutrition Facts	
3 servings per container	
Serving size	1 cup (38g)
Amount Per Serving	
Calories	160
<small>% Daily Value*</small>	
Total Fat 10g	13%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 11g Added Sugars	22%
Protein < 1g	1%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>* 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.</small>	

CRACK CORN – French Toast – INGREDIENTS:

Corn Meal, Vegetable Oil (Contains one or more of the following: Corn, Palm Kernel Oil, Hydrogenated Palm Kernel Oil, and/or Canola Oil), Sugar, Ground Saigon Cinnamon, Whey Powder, Whole Milk Solids, Nonfat Dry Milk Solids, Soy Lecithin (an emulsifier), Salt, and Artificial Flavor. CONTAINS MILKS AND SOY.

NUTRITIONAL FACTS

CRACKCORN

Cookies & Crème

Nutrition Facts

3 servings per container

Serving size 1 Cup (38g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 12g 15%

Saturated Fat 5.8g 29%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 130mg 6%

Total Carbohydrate 18g 7%

Dietary Fiber 0g 0%

Total Sugars 13g

Includes 11g Added Sugars 22%

Protein < 1g 1%

Not a significant source of vitamin D, calcium, iron, and potassium

*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.

CRACK CORN – COOKIES & CRÉME – INGREDIENTS:

Corn Meal, Sugar, Vegetable Oil (Contains One Or More Of The Following: Corn, Hydrogenated Palm Kernel Oil, And/Or Canola Oil), Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Cocoa (Processed With Alkali), High Fructose Corn Syrup, Leavening (Baking Soda And/Or Calcium Phosphate), Chocolate, Whey Powder, Whole Milk Solids, Nonfat Dry Milk Solids, Soy Lecithin (An Emulsifier), Salt, Artificial Color, and Artificial Flavor. CONTAINS MILKS AND SOY.