

# NUTRITIONAL FACTS

## Nutrition Facts

5 servings per container

**Serving size** 28g / 3 Cups

Amount Per Serving

**Calories** 110

% Daily Value\*

<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 3g	<b>16%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 4g	<b>15%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>1%</b>
<b>Protein</b> 2g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 4mg	<b>0%</b>
<b>Iron</b> 1mg	<b>4%</b>
<b>Potassium</b> 73mg	<b>2%</b>

\*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:** ORGANIC NON-GMO POPCORN, ORGANIC COCONUT OIL, ORGANIC TAPIOCA SOLIDS, ORGANIC RICE FLOUR, HIMALAYAN CRYSTAL SALT, ORGANIC FLAVOR, YEAST EXTRACT, LACTIC ACID, ORGANIC BUTTER TYPE FLAVOR.

**CONTAINS COCONUT.**

PRODUCED IN A FACILITY THAT ALSO USES MILK AND EGG INGREDIENTS.

# NUTRITIONAL FACTS

Cheezmos

## Nutrition Facts

About 7 servings per container

**Serving size About 28 pieces (28g)**

Amount per serving

**Calories 130**

% Daily Value\*

**Total Fat** 5g **6%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 190mg **8%**

**Total Carbohydrate** 18g **7%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 2g

Vit. D 0mcg 0% • Calcium 20mg 2%

Iron 0.2mg 2% • Potas. 40mg 0%

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**INGREDIENTS:** ORGANIC MILLED CORN, ORGANIC AVOCADO OIL, ORGANIC TAPIOCA SOLIDS, ORGANIC CHEDDAR CHEESE (ORGANIC MILK, CULTURES, SALT, ENZYMES), SEA SALT, ORGANIC BUTTERMILK, ORGANIC FLAVOR, ORGANIC BUTTER (ORGANIC CREAM, SALT), ORGANIC ANNATTO EXTRACT, ORGANIC YEAST EXTRACT, ORGANIC NONFAT DRY MILK, LACTIC ACID.

**CONTAINS MILK.**

PRODUCED IN A FACILITY THAT USES COCONUT AND EGG INGREDIENTS.

# NUTRITIONAL FACTS

## Nutrition Facts

5 servings per container

**Serving size About 26 balls (28g)**

Amount per serving

**Calories 130**

% Daily Value\*

**Total Fat** 6g **8%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 220mg **10%**

**Total Carbohydrate** 18g **7%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 1g Added Sugars **2%**

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.2mg 2%

Potassium 40mg 0%

\* 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:** ORGANIC WHOLE GRAIN YELLOW CORN, ORGANIC AVOCADO OIL, ORGANIC WHITE CHEDDAR SEASONING (ORGANIC TAPIOCA SOLIDS, SEA SALT, ORGANIC BUTTERMILK, ORGANIC FLAVOR, ORGANIC CHEDDAR CHEESE (ORGANIC MILK, CULTURES, SALT, ENZYMES), ORGANIC SKIM MILK, ORGANIC YEAST EXTRACT, LACTIC ACID, CITRIC ACID).

**CONTAINS MILK.**

PRODUCED IN A FACILITY THAT USES COCONUT AND EGG INGREDIENTS.