

NUTRITIONAL FACTS & INGREDIENT LIST

LIKE AIR

Like Air Classic Puffcorn:

Ingredients:

Non-GMO Corn Meal, Non-GMO Sunflower Oil and/or Non-GMO Canola Oil, Like Air Classic Seasoning (Whey, Butter, Salt, Non-Fat Dry Milk, Natural Flavors)

Contains:

Milk

Made in a nut-free facility

Nutritional Facts:

1 servings per container

Serving Size: About 1 Package (14g)

Calories: 80

Total Fat: 5g 6%

Saturated Fat: 1g 4%

Trans Fat: 0g

Cholesterol: 5mg 1%

Sodium: 105mg 5%

Total Carbohydrate: 7g 3%

Dietary Fiber: 1g 1%

Total Sugars: 1g

Includes 0g Added Sugars: 0%

Protein: 1g

Vitamin D: 0mcg 0%

Calcium: 13mg 1%

Iron: 0mg 0%

Potassium: 29mg 1%

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LIKE AIR

Like Air White Cheddar Puffcorn:

Ingredients:

Non-GMO Corn Meal, Non-GMO Sunflower Oil and/or Non-GMO Canola Oil, White Cheddar Seasoning (Whey, Buttermilk Solids, Cheddar Cheese (Milk, Salt, Cultures, Enzymes), Non-Fat Dry Milk, Salt, Natural Flavors, Butter, Yeast Extract, Lactic Acid, Dehydrated Onion, Citric Acid)

Contains:

Milk

Made in a nut-free facility

Nutritional Facts:

1 servings per container

Serving Size: About 1 Package (14g)

Calories: 80

Total Fat: 5g 6%

Saturated Fat: 1g 3%

Trans Fat: 0g

Cholesterol: 5mg 0%

Sodium: 130mg 6%

Total Carbohydrate: 7g 3%

Dietary Fiber: 1g 1%

Total Sugars: 1g

Includes 0g Added Sugars: 0%

Protein: 1g

Vitamin D: 0mcg 0%

Calcium: 27mg 2%

Iron: 0mg 0%

Potassium: 44mg 1%

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LIKE AIR

Like Air Peppermint Mocha Puffcorn:

Ingredients:

Non-Gmo Corn Meal, Non-Gmo Sunflower Oil And/Or Non-Gmo Canola Oil, Non-Gmo Peppermint Mocha Seasoning (Sugar, Cocoa Powder, Whey, Salt, Coffee, Natural Flavors).

Contains:

Milk

Made in a nut-free facility

Nutritional Facts:

1 servings per container

Serving Size: About 1 Package (14g)

Calories: 80

Total Fat: 5g 7%

Saturated Fat: 0.5g 2%

Trans Fat: 0g

Cholesterol: 0mg 0%

Sodium: 50mg 2%

Total Carbohydrate: 7g 3%

Dietary Fiber: 1g 1%

Total Sugars: 2g

Includes 2g Added Sugars: 3%

Protein: 1g

Vitamin D: 0mcg 0%

Calcium: 2mg 0%

Iron: 0mg 0%

Potassium: 9mg 0%

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LIKE AIR

Like Air Dubai Chocolate Puffcorn:

Ingredients:

Non-GMO corn meal, Non-GMO sunflower oil and/or Non-GMO canola oil, dubai-style chocolate seasoning (sugar, cocoa, dextrose, natural pistachio type flavor, salt, coffee, citric acid)

Contains:

Milk

Made in a nut-free facility

Nutritional Facts:

1 servings per container

Serving Size: About 1 Package (14g)

Calories: 80

Total Fat: 5g 7%

Saturated Fat: 0.5g 2%

Trans Fat: 0g

Cholesterol: 0mg 0%

Sodium: 5mg 0%

Total Carbohydrate: 7g 3%

Dietary Fiber: 1g 1%

Total Sugars: 2g

Includes 2g Added Sugars: 4%

Protein: 1g

Vitamin D: 0mcg 0%

Calcium: 0mg 0%

Iron: 0mg 0%

Potassium: 0mg 0%