

# Nutritional Information

March 21, 2016

## Allergen Information

### Vegan Flavors (Contains no animal products or by-products)

- Kettle Corn
- Vinegar & Sea Salt
- Seasonal Fruit

### Gluten-free Flavors

- All flavors EXCEPT S'mores

### Soy-free Flavors

- Brown Butter & Sea Salt
- White Cheddar
- Kettle Corn
- Jalapeno White Cheddar
- Truffle Fromage Porcini
- Vinegar & Sea Salt

**\*All flavors are produced in a facility that uses TREE NUTS, MILK, SOY, COCONUT, and GLUTEN. Every flavor may contain traces of these allergens.**

## Classics

### **Brown Butter & Sea Salt**

Non-GMO Popcorn, Butter (cream, natural flavor), Canola Oil, Sea Salt.

Contains: Milk.

<b>Nutrition Facts</b>	
Serving Size 1 3/4 cups	
Amount Per Serving	
<b>Calories</b> 174	Calories from Fat 128
<b>% Daily Values*</b>	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 26mg	<b>9%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 1g	<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

### **Classic Caramel**

Brown Sugar, Non-GMO Air-Popped Popcorn, Butter (cream, natural flavor), Corn Syrup, Sea Salt, Baking Soda, Corn Oil, Soy Lecithin.

Contains: Milk, Soy.

<b>Nutrition Facts</b>	
Serving Size 3/4 cups	
Amount Per Serving	
<b>Calories</b> 129	Calories from Fat 21
<b>% Daily Values*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 3mg	<b>1%</b>
<b>Sodium</b> 38mg	<b>2%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 22g	
<b>Protein</b> 1g	<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

### **Chicago Style**

Classic Caramel Popcorn (Brown Sugar, Non-GMO Air-Popped Popcorn, Butter (cream, natural flavor), Corn Syrup, Sea Salt, Baking Soda, Corn Oil, Soy Lecithin), Cheddar Cheese Popcorn (Non-GMO Air-Popped Popcorn, Partially Hydrogenated Soybean Oil, Dried Cheddar Cheese (milk, cheese culture, salt, enzymes, artificial color), Sunflower Oil (sunflower oil, artificial butter flavor, beta carotene, soy lecithin), Cream, Salt, Sodium Phosphate, Yellow 5, Lactic Acid, Soy Lecithin, Yellow 6.)

Contains: Milk, Soy, Artificial Color.

<b>Nutrition Facts</b>	
Serving Size 1 cup	
Amount Per Serving	
<b>Calories</b> 152	Calories from Fat 50
<b>% Daily Values*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 1g	
<b>Cholesterol</b> 6mg	<b>2%</b>
<b>Sodium</b> 109mg	<b>5%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 18g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## Cheddar Cheese

Non-GMO Air-Popped Popcorn, Partially Hydrogenated Soybean Oil, Dried Cheddar Cheese (milk, cheese culture, salt, enzymes, artificial color), Sunflower Oil (sunflower oil, artificial butter flavor, beta carotene, soy lecithin), Cream, Salt, Sodium Phosphate, Yellow 5, Lactic Acid, Soy Lecithin, Yellow 6.

Contains: Milk, Soy, Artificial Color.

<b>Nutrition Facts</b>	
Serving Size 1 1/2 cups	
Amount Per Serving	
<b>Calories</b> 197	Calories from Fat 142
<b>% Daily Values*</b>	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 3g	
<b>Cholesterol</b> 16mg	<b>5%</b>
<b>Sodium</b> 333mg	<b>14%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 3g	<b>6%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## White Cheddar

Non-GMO Air-Popped Popcorn, Cheese Coating (Palm Oil, Whey, Buttermilk, Coconut Oil, Maltodextrin, Natural Flavors, Salt), Cheddar Powder (Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Sea Salt.

Contains: Milk.

<b>Nutrition Facts</b>	
Serving Size 1 1/2 cups	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 84
<b>% Daily Values*</b>	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 3mg	<b>1%</b>
<b>Sodium</b> 186mg	<b>8%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## Kettle Corn

Non-GMO Popcorn, Sugar, Corn Oil, Sea Salt.

<b>Nutrition Facts</b>	
Serving Size 1 1/2 cups	
Amount Per Serving	
<b>Calories</b> 117	Calories from Fat 42
<b>% Daily Values*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 8g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## Innovations

### Hawaiian Salted Caramel

Brown Sugar, Non-GMO Air-Popped Popcorn, Butter (cream, natural flavor), Corn Syrup, Alaea Sea Salt, Sea Salt, Baking Soda, Corn Oil, Soy Lecithin.

Contains: Milk, Soy.

Nutrition Facts	
Serving Size 3/4 cups	
Amount Per Serving	
<b>Calories</b> 129	Calories from Fat 21
<b>% Daily Values*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 3mg	<b>1%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 22g	
<b>Protein</b> 1g	<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

### Jalapeno White Cheddar

Non-GMO Air-Popped Popcorn, Cheese Coating (Palm Oil, Whey, Buttermilk, Coconut Oil, Maltodextrin, Natural Flavors, Salt), Cheddar Powder (Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Non-GMO Jalapeno Powder, Organic Jalapenos.

Contains: Milk.

Nutrition Facts	
Serving Size 1 1/2 cups	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 85
<b>% Daily Values*</b>	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 3mg	<b>1%</b>
<b>Sodium</b> 186mg	<b>8%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

### Maple Bacon

Brown Sugar, Non-GMO Air-Popped Popcorn, Bacon (cured with water, salt, sugar, smoke flavoring, sodium phosphate, sodium erythorbate, flavoring, sodium nitrate), Butter (cream, natural flavor), Corn Syrup, Maple Flavoring (natural and artificial flavoring, propylene glycol, water, maple syrup), Liquid Smoke (water, natural hickory smoke concentrate), Baking Soda, Corn Oil, Soy Lecithin.

Contains: Milk, Soy.

Nutrition Facts	
Serving Size 3/4 cup	
Amount Per Serving	
<b>Calories</b> 141	Calories from Fat 30
<b>% Daily Values*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 6mg	<b>2%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 22g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## Truffle Fromage Porcini

Non-GMO Air-Popped Popcorn, Cheese Coating (Palm Oil, Whey, Buttermilk, Coconut Oil, Maltodextrin, Natural Flavors, Salt), Cheddar Powder (Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Non-GMO Black Truffle Salt, Organic Porcini Powder, Organic Black Truffle Oil.

Contains: Milk.

Nutrition Facts	
Serving Size 1 1/2 cups	
Amount Per Serving	
<b>Calories</b> 141	Calories from Fat 86
<b>% Daily Values*</b>	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 3mg	<b>1%</b>
<b>Sodium</b> 191mg	<b>8%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 3g	<b>6%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## Seattle Style

Brown Sugar, Non-GMO Air-Popped Popcorn, Butter (cream, natural flavor), Corn Syrup, Espresso, Coffee Flavor (natural flavors, caramel color, water, propylene glycol, benzyl alcohol, ethyl alcohol), Sea Salt, Baking Soda, Corn Oil, Soy Lecithin.

Contains: Milk, Soy, Caffeine, Artificial Color.

Nutrition Facts	
Serving Size 3/4 cup	
Amount Per Serving	
<b>Calories</b> 133	Calories from Fat 21
<b>% Daily Values*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 3mg	<b>1%</b>
<b>Sodium</b> 38mg	<b>2%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 22g	
<b>Protein</b> 1g	<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## Vinegar & Sea Salt

Non-GMO Air-Popped Popcorn, Canola Oil, Vinegar Powder (Maltodextrin, White Distilled Vinegar, Modified Food Starch), Sea Salt.

Nutrition Facts	
Serving Size 2 cups	
Amount Per Serving	
<b>Calories</b> 162	Calories from Fat 90
<b>% Daily Values*</b>	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Sodium</b> 191mg	<b>8%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 0g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## Fancy Nut Caramel

Brown Sugar, Non-GMO Air-Popped Popcorn, Butter (cream, natural flavor), Corn Syrup, Almonds, Cashews, Pecans, Sea Salt, Baking Soda, Corn Oil, Soy Lecithin.

Contains: Milk, Soy, Tree Nuts.

<b>Nutrition Facts</b>	
Serving Size 1/2 cup	
<b>Amount Per Serving</b>	
<b>Calories</b> 129	Calories from Fat 42
<b>% Daily Values*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 2mg	<b>1%</b>
<b>Sodium</b> 28mg	<b>1%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 16g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## Indulgences

### Tuxedo

Brown Sugar, Non-GMO Air-Popped Popcorn, Butter (cream, natural flavor), Corn Syrup, Dark Chocolate (sugar, fractionated palm kernel oil, cocoa processed with alkali, lactose, palm oil, soy lecithin, vanilla), White Chocolate (sugar, palm kernel oil, non-fat milk, whole milk, whey, palm oil, soy lecithin, vanilla), Sea Salt, Baking Soda, Corn Oil, Soy Lecithin.

Contains: Milk, Soy.

<b>Nutrition Facts</b>	
Serving Size 1/2 cups	
<b>Amount Per Serving</b>	
<b>Calories</b> 98	Calories from Fat 25
<b>% Daily Values*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 2mg	<b>1%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 14g	
<b>Protein</b> 1g	<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## S'mores

Brown Sugar, Non-GMO Air-Popped Popcorn, Butter (cream, natural flavor), Corn Syrup, Graham Crackers (unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin B1}, Riboflavin {Vitamin B2}, folic acid), graham flour (whole grain wheat flour), sugar, soybean oil, honey, leavening (baking soda and/or calcium phosphate), salt, soy lecithin, artificial flavor), Dark Chocolate (sugar, fractionated palm kernel oil, cocoa processed with alkali, lactose, palm oil, soy lecithin, vanilla), Marshmallows (corn syrup, sugar, modified food starch, dextrose, water, gelatin, natural and artificial flavors, tetrasodium pyrophosphate), Sea Salt, Baking Soda, Corn Oil, Soy Lecithin.

Contains: Milk, Soy, Wheat.

Nutrition Facts	
Serving Size 1/2 cups	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 25
<b>% Daily Values*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 2mg	<b>1%</b>
<b>Sodium</b> 31mg	<b>1%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 14g	
<b>Protein</b> 1g	<b>2%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	

## Dark Chocolate Kettle Corn

Non-GMO Popcorn, Sugar, Corn Oil, Dark Chocolate (sugar, fractionated palm kernel oil, cocoa processed with alkali, lactose, palm oil, soy lecithin, vanilla), Organic Cocoa Nibs, Sea Salt.

Contains: Milk (traces).

Nutrition Facts	
Serving Size 1 1/4 cups	
Amount Per Serving	
<b>Calories</b> 122	Calories from Fat 58
<b>% Daily Values*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Sodium</b> 11mg	<b>0%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein</b> 2g	<b>4%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	

## Coconut Macaroon

Brown Sugar, Non-GMO Air-Popped Popcorn, Butter (cream, natural flavor), Corn Syrup, Shredded Coconut (coconut, sugar, water, propylene glycol), Coconut Flavor (artificial flavor, propylene glycol), Almond Flavor (propylene glycol, glycerin, alcohol, water), Sea Salt, Baking Soda, Corn Oil, Soy Lecithin.

Nutrition Facts	
Serving Size 1/2 cups	
Amount Per Serving	
<b>Calories</b> 94	Calories from Fat 23
<b>% Daily Values*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 2mg	<b>1%</b>
<b>Sodium</b> 24mg	<b>1%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 14g	
<b>Protein</b> 1g	<b>2%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	

## Seasonal Specialties – March/April

### Seasonal Fruit: Kiwi Grapefruit

Non-GMO Air-Popped Popcorn, Sugar, Corn Syrup, Dried Kiwi Pieces, Kiwi Swirl (Kiwi Puree, Inverted Sugar, Water), Grapefruit Swirl (Grapefruit Puree, Inverted Sugar, Water), Beet Powder (for color)

Contains: Soy

<b>Nutrition Facts</b>	
Serving Size 1 Cup	
Amount Per Serving	
<b>Calories</b> 142	Calories from Fat 8
<b>% Daily Values*</b>	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 6mg	<b>0%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 26g	
<b>Protein</b> 1g	<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

### Rocky Road

Brown Sugar, Non-GMO Air-Popped Popcorn, Butter (cream, natural flavor), Corn Syrup, dry roasted Almonds, dry roasted Cashews, dry roasted Pecans, Dark Chocolate (sugar, fractionated palm kernel oil, cocoa processed with alkali, lactose, palm oil, soy lecithin, vanilla), Marshmallows (corn syrup, sugar, modified food starch, dextrose, water, gelatin, natural and artificial flavors, tetrasodium pyrophosphate), Sea Salt, Baking Soda, Corn Oil, Soy Lecithin.

Contains: Milk, Soy, Tree Nuts.

<b>Nutrition Facts</b>	
Serving Size .5 cups (30g)	
Amount Per Serving	
<b>Calories</b> 98	Calories from Fat 27
<b>% Daily Values*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 2mg	<b>1%</b>
<b>Sodium</b> 23mg	<b>1%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 13g	
<b>Protein</b> 1g	<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

### Sour Cream and Onion

Non-GMO Air-Popped Popcorn, Flavor Coating (Palm Oil, Whey, Buttermilk, Coconut Oil, Maltodextrin, Salt), Canola Oil, Dried Sour Cream Powder, Onion Powder, Dried Chives, Sea Salt.

Contains: Milk.

<b>Nutrition Facts</b>	
Serving Size 1 1/2 cups (38g)	
Amount Per Serving	
<b>Calories</b> 136	Calories from Fat 82
<b>% Daily Values*</b>	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 2mg	<b>1%</b>
<b>Sodium</b> 161mg	<b>7%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.