

Lehman's Caramel Popcorn Crunch

Nutritional Information

Bacon Flavored Crunch:

Nutritional Facts	
Serving Size: 1/2 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 120	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5 mg	2%
Sodium 135mg	6%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Milk chocolate (sugar, whole milk, cocoa butter, chocolate liquor, soya lecithin (emulsifier) and vanillin (artificial flavor)), sugar, corn syrup, popcorn, water, bacon bits (soy flour, soybean oil with TBHQ added to protect freshness, salt, less than 2% of hydrolyzed soy protein, yeast extract, natural smoke flavor, sunflower oil, sugar, partially hydrogenated soybean oil, dextrose, inactive dried yeast, caramel color, red#3 and/or red #40, hydrolyzed vegetable protein (hydrolyzed soy and corn protein, salt, partially hydrogenated vegetable oil (cottonseed, soybean)), soy lecithin, natural flavors), butter (cream (milk), salt), baking soda, soybean oil, salt, soybean lecithin (emulsifier).

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.

Caramel Apple Crunch:

Nutritional Facts	
Serving Size: 1/2 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5 mg	2%
Sodium 135mg	6%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Brown sugar, corn syrup, sugar, popcorn, butter, cinnamon, baking soda, salt, vegetable and/or soybean oil, soy lecithin [emulsifier], red coating [sugar, partially hydrogenated palm kernel oil, whole milk powder and/or solids, reduced mineral whey powder, non fat dry milk powder and/or solids, red lake #40, soy lecithin (emulsifier), artificial flavor, salt, and vanillin (an artificial flavor)], white chocolate [sugar, partially hydrogenated palm kernel oil, nonfat milk powder, soy lecithin (emulsifier), monoglycerides, artificial color (titanium dioxide) and artificial color (titanium dioxide) and artificial flavor], apple flavor (capric/caprylic triglycerides, triglycerol monoleate), gum arabic and a confectionary glaze.

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.

Chicago Cheese Crunch:

Nutritional Facts	
Serving Size: 1/2 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 140	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 220mg	9%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Brown sugar, corn syrup, sugar, popcorn, butter, baking soda, salt, vegetable and/or soybean oil, soy lecithin, partially hydrogenated soybean oil, dried cheddar cheese (pasteurized milk, cheese culture, salt, enzymes), natural flavors, corn syrup solids, salt, sodium caseinate, sugar, sodium phosphate, FD&C Yellow #5, lactic acid, FD&C Yellow #6, and turmeric extract. Contains milk, soy.

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.

Chili Lime Crunch:

Nutritional Facts	
Serving Size: 1/2 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 140	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 150mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber less than 1g	3%
Sugars 12g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Brown sugar, corn syrup, sugar, popcorn, butter, baking soda, salt, vegetable and/or soybean oil, soy lecithin, dark chocolate [sugar, chocolate liquor, cocoa butter, anhydrous milk fat, soy lecithin (an emulsifier), and vanillin (an artificial flavor), chili powder [chili pepper, spices, garlic and silicon dioxide (to prevent caking)], and natural lime oil.

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.

Chocolate Crunch:

Nutritional Facts	
Serving Size: 1/2 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 140	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 150mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber less than 1g	3%
Sugars 12g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Brown sugar, corn syrup, sugar, popcorn, butter, baking soda, salt, vegetable and/or soybean oil, soy lecithin, pure milk chocolate [sugar, whole milk, cocoa, butter, chocolate liquor, soy lecithin (an emulsifier), and vanillin (an artificial flavor)], dark chocolate (sugar, chocolate liquor, cocoa butter, anhydrous milk fat, soy lecithin (an emulsifier), and vanillin (an artificial flavor), gum arabic, and a confectionary glaze.

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.

Chocolate Cinnamon Crunch:

Nutritional Facts	
Serving Size: 1/2 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 140	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 150mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber less than 1g	3%
Sugars 12g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Brown sugar, corn syrup, sugar, popcorn, butter, cinnamon, baking soda, salt, vegetable and/or soybean oil, soy lecithin, milk chocolate [sugar, whole milk, cocoa, butter, chocolate liquor, soya lecithin (an emulsifier), and vanillin (an artificial flavor)], dark chocolate [sugar, chocolate liquor, cocoa butter, anhydrous milk fat, soy lecithin (an emulsifier), and vanillin (an artificial flavor)], gum arabic and a confectionery glaze.

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.

Chocolate Cookie Crunch:

Nutritional Facts	
Serving Size: 1/2 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 110	
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 120mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 15g	
Includes 14g Added Sugars	28%
Protein 1g	
Vitamin D 0mcg 0%	Potassium 31mg 0%
Calcium 14mg 2%	Iron 0mg 0%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Caramel corn [brown sugar, corn syrup, sugar, popcorn, butter (cream, salt), baking soda, salt, vegetable and/or soybean oil, soy lecithin], white chocolate [sugar, vegetable oil (palm kernel oil and hydrogenated palm kernel oil), whole milk solids, whey powder, nonfat dry milk solids, artificial color (titanium dioxide), soy lecithin (an emulsifier), salt and artificial flavor], cookie [unbleached enriched flour (wheat flour, niacin, reduced iron, thianine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), sugar, palm and/or canola oil, cocoa (preceded with alkali), high fructose corn syrup, leavening (baking soda and/or calcium phosphate), salt, soy lecithin, chocolate, artificial flavor].

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.

Chocolate Mocha Crunch:

Nutritional Facts	
Serving Size: 1/2 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 140	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber less than 3g	1%
Sugars 12g	
Protein 1g	
Vitamin A %	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Brown sugar, corn syrup, sugar, popcorn, butter, baking soda, salt, vegetable and/or soybean oil, soy lecithin (an emulsifier), pure milk chocolate [sugar, whole milk, cocoa, butter, chocolate liquor, soy lecithin (an emulsifier), vanillin (an artificial flavor)], pure dark chocolate [sugar, chocolate liquor, cocoa butter, anhydrous milk fat, soya lecithin (an emulsifier) and vanillin (artificial flavor)], coffee beans, gum arabic, and a confectionery glaze.

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.

Cinnamon Almond Crunch:

Nutritional Facts	
Serving Size: 1/2 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 110	
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 120mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 15g	
Includes 14g Added Sugars	28%
Protein 1g	
Vitamin D 0mcg 0%	Potassium 31mg 0%
Calcium 14mg 2%	Iron 0mg 0%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Brown sugar, corn syrup, sugar, popcorn, butter, cinnamon, baking soda, salt, vegetable and/or soybean oil, soy lecithin, white coating [sugar, partially hydrogenated palm kernel oil, nonfat milk powder, soy lecithin (an emulsifier), monoglycerides, artificial color (titanium dioxide), and artificial flavor], almonds, water, cinnamon, artificial vanilla, gum Arabic, and a confectionary glaze.

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.

Indiana Caramel Corn:

Nutritional Facts	
Serving Size: 1/4 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 120	Calories from Fat 20
	% Daily Value*
Total Fat 5g	7%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 25g	3%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Br Brown sugar, corn syrup, sugar, popcorn, butter, baking soda, salt, vegetable and/or soybean oil, soy lecithin.

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.

Irish Chocolate Crunch:

Nutritional Facts	
Serving Size: 1/2 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 140	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 180mg	8%
Total Carbohydrate 18g	6%
Dietary Fiber less than 1g	4%
Sugars 11g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Brown sugar, corn syrup, sugar, popcorn, butter, baking soda, salt, vegetable and/or soybean oil, soy lecithin, pure milk chocolate [sugar, whole milk, cocoa butter, chocolate liquor, soy lecithin (an emulsifier), and vanillin (an artificial flavor)], green coating [sugar, partially hydrogenated palm kernel oil, whole milk solids, reduced mineral whey powder, nonfat dry milk solids, yellow lake #5 and blue lake #1, soya lecithin (an emulsifier), salt, and artificial flavor], almonds, corn oil, redistilled oil of peppermint, gum arabic, confectionary glaze.

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.

Maple Pecan Crunch:

Nutritional Facts	
Serving Size: 1/2 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 120	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Brown sugar, corn syrup, sugar, popcorn, butter, artificial flavor, baking soda, salt, vegetable and/or soybean oil, soy lecithin, white coating (sugar, partially hydrogenated palm kernel oil, nonfat milk powder, soy lecithin (an emulsifier), monoglycerides, artificial color (titanium dioxide), and artificial flavor) pecans, and cinnamon.

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.

Peanut Butter Crunch:

Nutritional Facts	
Serving Size: 1/2 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 140	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 180mg	8%
Total Carbohydrate 18g	6%
Dietary Fiber less than 1g	4%
Sugars 11g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Brown sugar, corn syrup, sugar, popcorn, butter, baking soda, salt, vegetable and/or soybean oil, soy lecithin, pure milk chocolate (sugar, whole milk, cocoa, butter, chocolate liquor, soy lecithin [an emulsifier], and vanillin [an artificial flavor]), peanut butter coating (sugar, partially hydrogenated palm kernel oil, partially defatted peanut flour, non fat dry milk solids, whey powder, peanut butter (peanuts, hydrogenated cottonseed and rapeseed oil), salt, soya lecithin (an emulsifier), gum arabic and a confectionery glaze.

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.

Pumpkin Crunch:

Nutritional Facts	
Serving Size: 1/2 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 120	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 170mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber less than 1g	4%
Sugars 12g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Brown sugar, corn syrup, sugar, popcorn, butter, baking soda, salt, vegetable and/or soybean oil, soy lecithin, pure milk chocolate [sugar, whole milk, cocoa butter, chocolate liquor, soy lecithin (an emulsifier), and vanillin (an artificial flavor)], almonds, cinnamon, vanilla, water, orange coating [sugar, partially hydrogenated palm kernel oil, whole milk solids, reduced mineral whey powder, nonfat dry milk powder, yellow #6 lake, soy lecithin (an emulsifier), yellow #5 lake, salt, natural flavor, vanillin (an artificial flavor)], gum Arabic and confectionary glaze.

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.

Sea Salt Crunch:

Nutritional Facts	
Serving Size: 1/2 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 120	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 360mg	15%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 0%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Brown sugar, corn syrup, sugar, popcorn, white chocolate (sugar, partially hydrogenated palm kernel oil, nonfat milk powder, soy lecithin (emulsifier), monoglycerides, artificial color (titanium dioxide), and artificial flavor), blue wafer (sugar, partially hydrogenated palm kernel oil, whole milk solids, reduced mineral whey powder, nonfat dry milk solids, artificial color (blue lake #2), soy lecithin (emulsifier), salt, and artificial flavor), water, butter (cream (milk), salt), sea salt, baking soda, salt, soybean oil, soybean lecithin.

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.

S'mores Crunch:

Nutritional Facts	
Serving Size: 1/3 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 140	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Milk chocolate [sugar, cocoa butter, whole milk, chocolate liquor, soy lecithin (an emulsifier), and vanillin (an artificial flavor)], brown sugar, corn syrup, sugar, popcorn, water, Golden Grahams (whole grain wheat, sugar, corn meal, brown sugar syrup, modified corn starch, canola oil, honey, salt, nonfat milk, calcium carbonate, baking soda, dextrose, trisodium phosphate, zinc and iron (mineral nutrients), Vitamin C, A B Vitamin (niacinamide), artificial flavor, Vitamin B6, Vitamin B2, Vitamin B1, Vitamin A, A B Vitamin (folic acid), Vitamin B12, Vitamin D, Vitamin E), butter (pasteurized sweet cream (milk), salt), baking soda, salt, soybean oil, soy lecithin, marshmallow bits [sugar, corn syrup, modified corn starch, gelatin, sodium hexametaphosphate, artificial flavor, natural flavor, artificial color (blue 1)].

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.

Toasted Coconut Crunch:

Nutritional Facts	
Serving Size: 1/2 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 200	
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 130mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Total Sugars 18g	
Includes 18g Added Sugars	35%
Protein 3g	
Vitamin D 4mcg 20%	Potassium 129mg 2%
Calcium 40mg 4%	Iron 1mg 4%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Almonds, brown sugar, light corn syrup, granulated sugar, air popped white popcorn, dark chocolate (sugar, chocolate liquor, cocoa butter, anhydrous milk fat, soya lecithin (emulsifier), and vanillin (artificial flavor), white chocolate (sugar, vegetable oil, (palm kernel oil and hydrogenated palm kernel oil), whole milk solids, whey powder, nonfat dry milk solids, artificial color (titanium dioxide), soy lecithin (an emulsifier), salt and artificial flavor), toasted dry coconut meat, (desiccated, water, salted butter, baking soda, salt, oil, (soybean, salad or cooking), (hydrogenated) coconut flavor (propylene glycol, artificial flavor), soy lecithin.

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.

White Chocolate Waffle Crunch:

Nutritional Facts	
Serving Size: 1/2 cup (30 g)	
Servings Per Container: 15	
Amount Per Serving	
Calories 110	
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 130mg	6%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 14g Added Sugars	28%
Protein 1g	
Vitamin D 0mcg 0%	Potassium 34mg 0%
Calcium 22mg 2%	Iron 1mg 6%
* Percent Daily Values are based on a 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 80g
Saturated 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

Ingredients: Caramel corn, [Brown sugar, corn syrup, sugar, butter, baking soda, salt, vegetable and/or soybean oil, soy lecithin], white coating [sugar, vegetable oil (palm kernel oil and hydrogenated palm kernel oil), whole milk solids, whey powder, nonfat dry milk solids, artificial flavor (titanium dioxide), soy lecithin (an emulsifier), salt, and artificial flavor], whole grain wheat, corn meal, sugar, brown sugar syrup, dextrose, baking soda, salt, natural flavor.

Allergy Information: Products have been produced on shared equipment with peanuts, tree nuts, milk, eggs, soybeans and wheat.