



	Serving Size	Calories	Calories from Fat	Total Fat (%DV)	Saturated Fat (%DV)	Cholesterol (%DV)	Sodium (%DV)	Total Carbohydrate (%DV)	Dietary Fiber (%DV)	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Buttery Popcorn</b>	30g	160	80	9g DV 14%	7g DV 35%	0mg DV 0%	250mg DV 11%	17G DV 6%	3g DV 12%	0g	2g	DV 0%	DV 2%	DV 0%	DV 4%
<b>Caramel Popcorn</b>	1/2 cup	120	15	3g DV 3%	0g DV 0%	30g DV 1%	60mg DV 2%	20G DV 8%	1g DV 3%	10g	2g	DV 0%	DV 0%	DV 0%	DV 0%
<b>Cheezy Popcorn</b>	30g	190	130	15G DV 23%	11g DV 56%	0mg DV 0%	250mg DV 11%	11g DV 4%	2g DV 7%	1g	2g	DV 0%	DV 2%	DV 2%	DV 2%
<b>Chicago Style Cheezy Caramel Mix</b>	1 cup	135	60	6g DV 10%	3g DV 9%	3mg DV 1%	250mg DV 7%	18g DV 6%	1g DV 3%	Less than 8g	3g	DV 0%	DV 0%	DV 0%	DV 0%
<b>White Cheddar Popcorn</b>	30g	190	130	15g DV 23%	11g DV 56%	0mg DV 0%	250mg DV 11%	11g DV 4%	2g DV 7%	1g	2g	DV 0%	DV 2%	DV 2%	DV 2%
<b>Jumbo Roasted Peanuts</b>	1/2 cup with shells 28g	170	120	13g DV 20%	2.5g DV 12%	0mg DV 0%	0g DV 0%	7g DV 2%	3g DV 10%	Less than 1g	7g	DV 0%	DV 0%	DV 0%	DV 0%
<b>Jumbo Roasted Salted Peanuts</b>	1/2 cup with shells 28g	160	110	12g DV 18%	2g DV 11%	0mg DV 0%	210mg DV 9%	7g DV 2%	3g DV 11%	Less than 1g	7g	DV 0%	DV 0%	DV 0%	DV 0%

### Mellos Snacks Ingredient and Allergen Information

\* Allergen Information: All Products Are Manufactured In A Facility That Processes Peanuts \*

\* Percent Daily Values Are Based On A 2,000 Calorie Diet\*

**Buttery Popcorn:** Popcorn, Coconut Oil, Artificial Flavored Salt

**Caramel Popcorn:** Brown Sugar, Popcorn, Corn Syrup, Butter, Lecithin

**Cheezy Popcorn:** Popcorn, Cheddar Cheese, Soybean Oil, Coconut Oil, Salt, Lecithin, Artificial Coloring Yellow #5

**Chicago Style Cheezy Caramel Mix:** Caramel Corn: Brown Sugar, Popcorn, Corn Syrup, Butter, Lecithin. Cheese Corn: Cheddar Cheese, Soy Bean Oil, Coconut Oil, Salt, Lecithin, Artificial Coloring Yellow #5.

**White Cheddar Popcorn:** White Cheddar Blue Seasoning, Popcorn, Corn Oil, Partially Hydrogenated Soy Bean Oil, Maltodextrin, Reduced Lactose, Salt, Blue Cheese, Non Fat Dry Milk, Citric Acid, Deproteinized Whey.

**Jumbo Roasted Peanuts:** Roasted Peanuts.

**Jumbo Salted Peanuts:** Peanuts, Salt.