

Recipe: New England White Cheddar Popcorn 2012-08-0768 S-1208-06063

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Number of Servings: 343.364 (1.058 oz per serving)

Weight: 363.354 oz

Recipe

Item Name	Quantity	Measure	ESHA Code	% Weight	USDA Code
Baking Soda	0.664	Ounce-wei...	28003	0.183	18372
Sugar, brown, packed	54.88	Ounce-wei...	25005	15.104	19334
Butter, salted	8	Ounce-wei...	8000	2.202	1001
Commercial Creamery White Cheddar Blend Savory popcorn 8 12	13.944	Ounce-wei...		3.838	
Coconut Oil 76 40 Red PC 557	14.5	Ounce-wei...		3.991	
Syrup, corn, 42/43	40.96	Ounce-wei...	62966	11.273	
Flavacol	2.125	Ounce-wei...		0.585	
Sugar, white, granulated	15.2	Ounce-wei...	25006	4.183	19335
Pan Release for Cheese Corn Savory 10 08	19.524	Ounce-wei...		5.373	
Popcorn, air popped	192	Ounce-wei...	44012	52.841	19034
Salt, table	0.333	Ounce-wei...	26014	0.092	2047
Vanilla Flavor 4021 11 09	1.224	Ounce-wei...		0.337	

08/22/2012

Nutrition Facts	
Serving Size 1 & 1/4 cup (30g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	6%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Popcorn, Brown Sugar, Corn Syrup, Pan Release [corn oil, soy lecithin, artificial butter flavor, beta carotene (color)], Sugar, Coconut Oil (pure coconut oil, beta carotene), White Cheddar Cheese Powder [cheddar cheese (cultured pasteurized milk, salt, annatto extract (color), enzymes), butter (cream, salt), whey, cream, buttermilk, skim milk, salt, lactic acid, natural and artificial flavors, disodium inosinate and guanylate, tocopherols, ascorbyl palmitate, silicon dioxide, disodium phosphate], Butter (cream, salt), Contains Less Than 2% of Salt, FD&C Yellow #5 Lake (E102), Natural and Artificial Flavor, Baking Soda (sodium bicarbonate).

CONTAINS: Milk, Soy

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Multi-Column

Nutrients	Per Serving	Per 100g
Basic Components		
Gram Weight (g)	30.000	100.000
Calories (kcal)	129.986	433.287
Calories from Fat (kcal)	39.693	132.311
Fat (g)	4.470	14.899
Saturated Fat (g)	2.004	6.681
Mono Fat (g)	0.794	2.647
Poly Fat (g)	1.314	4.382
Trans Fatty Acid (g)	0.051	0.170
Cholesterol (mg)	2.571	8.571
Carbohydrates (g)	21.135	70.449
Dietary Fiber (g)	2.299	7.662
Total Sugars (g)	7.016	23.386
Protein (g)	2.282	7.606
Water (g)	1.428	4.759
Ash (g)	0.457	1.522
Vitamins		
Vitamin A - IU (IU)	59.089	196.965
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	0.396	1.321
Minerals		
Calcium (mg)	11.854	39.512
Iron (mg)	0.549	1.831
Sodium (mg)	151.821	506.070
Potassium (mg)	58.373	194.577
Phosphorus (mg)	57.098	190.326
Poly Fats		
Omega 3 Fatty Acid (g)	0.009	0.030