

NUTRITION GUIDE

	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Monosaturated Fat (g)	Polyunsaturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Carbohydrates (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Vitamin K	Vitamin E	Calcium	Iron	
All Inclusive Popping Kits																												
Real Theater Popcorn Kit	30g	5	153	81	9	14%	8	42%			0	0	0%	453	19%	17	6%	4	16%	0	3	5%	0%			0%	4%	
Less Salt Less Oil Real Theater Popcorn Kit	30g	5	127	61	6	9%	5.6	28%			0	0	0%	317	13%	16	6%	4	16%	1	2	2%	0%			0%	4%	
Kettle Korn Popcorn Kit	30g	8	150	70	8	12%	1	5%			0	0	0%	0	0%	17	6%	3	12%	8	3	4%	0%			0%	4%	
Popping Oil																												
Real Theater Popcorn Oil	14g	97	126	126	14	22%	12.7	64%	0.8		0	0	0%	0	0%	0	0%	0	0%	*	*	*	*			*	*	
Classic Blend Popcorn Oil	14g	256	130	130	14	22%	5	25%	3	6	0	0	0%	0	0%	0	0%	0	0%	0	0	12%	0%	10%		0%	0%	
Canola Popcorn Oil	14g	28	120	120	14	22%	1.5	4%	10	2	0	0	0%	0	0%	0	0%	*		*	0	*	*		20%	*		
Seasonings																												
Cajun	.5g	454	1	0	0	0%	0	0%	0	0	0	0	0%	66	0%	0	0%	*	0%	*	*	*	*	*	*	*	*	*
Garlic N' Cheese	.5g	482	2	0	0	0%	0	0%	0	0	0	0	0%	15	0%	0	0%	*	0%	*	*	*	*	*	*	*	*	*
Ranch	.5g	624	1	0	0	0%	0	0%	0	0	0	0	0%	40	0%	0	0%	*	0%	*	*	*	*	*	*	*	*	*
Theater Spice	.5g	851	0	0	0	0%	0	0%	0	0	0	0	0%	181	0%	0	0%	*	0%	*	*	*	*	*	*	*	*	*
White Cheddar	.5g	544	2	0	0	0%	0	0%	0	0	0	0	0%	44	0%	0	0%	*	0%	*	*	*	*	*	*	*	*	*
Zesty Cheese	.5g	567	1	0	0	0%	0	0%	0	0	0	0	0%	52	0%	0	0%	*	0%	*	*	*	*	*	*	*	*	*
Popcorn Salt	.5g	567	0	0	0	0%	0	0%	0	0	0	0	0%	470	20%	0	0%	*	0%	*	*	*	*	*	*	*	*	*

* Not a significant source