



## Nutrition Facts

**CHEESE CORN:** Serving Size about 1/2 cup (30g) Serving Per Container varies.  
**Calories:** 180, from Fat 140.  
**Total Fat** 16g (DV 26%)      Trans Fat 0g.  
**Cholesterol:** 15 mg (DV 5%)  
**Sodium** 240mg (DV 10%)  
**Total Carbohydrate** 7g (DV 2%)  
 Dietary Fiber 2g (DV 8%)      Sugars 0g  
**Protein** 3g      Vitamin A (DV 35%)  
 Calcium (DV 8%)      Vitamin C (DV 0%)  
 Iron (DV 2%),  
 \* Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** Popcorn, Corn Oil, Partially Hydrogenated Soy Bean Oil, Dried Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes, Artificial Color) Cream Salt, Sodium, Phosphate, Yellow 5, Lactic Acid, Soy, Yellow 6.

**CARAMEL CORN:** Serving Size about 1/2 cup (30g) Serving Per Container varies.  
**Calories:** 140, from Fat 60  
**Total Fat** 7g (DV 11%)      Trans Fat 0g.  
 Saturated Fat 4.5g (DV 23%)  
**Cholesterol:** 15 mg (DV 5%)  
**Sodium** 95mg (DV 4%)  
**Total Carbohydrate** 22g (DV 7%)  
 Dietary Fiber 1g (DV 4%)      Sugars 15g  
**Protein** 1g      Vitamin A (DV 6%)  
 Calcium (DV 2%)      Vitamin C (DV 0%)  
 Iron (DV 2%)  
 \* Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** Popcorn, Brown Sugar, Lightly Salted Butter, Water.  
**ALLERGEN INFORMATION:** Contains Milk, Produced in a kitchen that also processed Peanuts, tree nuts, milk and soy. All of our products are gluten free.



**Zion  
Gourmet  
Popcorn**

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### Special Events

Birthday Baskets

Minimum - 20 Bags..... \$1.50

### Decorative Boxes/Baskets

Special Made to Order

Don't wait, contact us today

### Testimonies

*"I like the cheddar cheese because it's cheesy!"*

*"I love the cheese and caramel with walnuts because they both were off the chain!"*

*"I loved the caramel with almonds! I couldn't stop eating it!"*

*"I like the cheddar cheese popcorn because it's healthier eating for heart patients because it isn't salty and oily."*

