




Recipe: Cheddar Popcorn, 688 *

Cheddar Popcorn, 688

Number of Servings: 3.23 (31 g per serving) Weight: 100.00 g

Recipe

Item Name	Quantity	Measure	User Code
 oil, soybean, refined	47.1	Gram	
 popcorn, air popped	41.1	Gram	
 Cheddar Cheese Seasoning, 112835, ALS 9127	11.8	Gram	9127

Nutrients

Nutrients	Per Serving	Nutrients	Per Serving
Basic Components		Vitamin D - IU (IU)	0
Calories (kcal)	196.29	Vitamin D - mcg (mcg)	0.00
Calories from SatFat (kcal)	27.84	Vitamin E - Alpha-Toco (mg)	1.23
Protein (g)	2.09	Folic Acid (mcg)	0
Carbohydrates (g)	11.40	Folate, DFE (mcg DFE)	3.95
Dietary Fiber (2016) (g)	1.85	Vitamin K (mcg)	27.00
Soluble Fiber (2016) (g)	0	Pantothenic Acid (mg)	0.06
Insoluble Fiber (2016) (g)	0	Minerals	
Total Sugars (g)	1.26	Calcium (mg)	14.83
Added Sugar (g)	0.03	Chloride (mg)	--
Fat (g)	16.29	Chromium (mcg)	--
Saturated Fat (g)	3.09	Copper (mg)	0.03
Mono Fat (g)	3.57	Fluoride (mg)	--
Poly Fat (g)	8.81	Iodine (mcg)	--
Trans Fatty Acid (g)	0.11	Iron (mg)	0.44
Cholesterol (mg)	0.76	Magnesium (mg)	18.35
Vitamins		Manganese (mg)	0.14
Vitamin A - RAE (mcg)	1.25	Molybdenum (mcg)	--
Beta-Carotene (mcg)	11.34	Potassium (mg)	78.25
Vitamin B1 (mg)	0.01	Selenium (mcg)	0
Vitamin B2 (mg)	0.01	Sodium (mg)	93.69
Vitamin B3 - Niacin Equiv (mg)	0.47	Zinc (mg)	0.39
Vitamin B6 (mg)	0.02	Other Nutrients	
Vitamin B12 (mcg)	0	Sugar Alcohol (g)	0
Biotin (mcg)	--	Choline (mg)	2.73
Vitamin C (mg)	0		

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Ingredients by Percent Weight

Percentage	Ingredient
47.10	Soybean Oil
41.10	Popcorn
11.80	Cheddar Cheese Seasoning, 112835, ALS 9127 SHORTENING POWDER [COCONUT OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, MONO & DIGLYCERIDES], WHEY, CHEDDAR & BLUE CHEESE POWDERS [CHEDDAR AND BLUE CHEESE (PASTEURIZED CULTURED MILK, SALT, ENZYMES), WHEY, SOYBEAN OIL, NATURAL FLAVOR, MALTODEXTRIN, SALT, DISODIUM PHOSPHATE, NONFAT MILK, CITRIC ACID, YELLOW #6, EXTRACTIVE OF TUMERIC AND ANNATTO], NONFAT DRY MILK, SALT, MONOSODIUM GLUTAMATE, EXTRACTIVE OF ANNATTO & TUMERIC, YEAST EXTRACT, YELLOW #5 LAKE, YELLOW #6 LAKE.