















Recipe: Chicago Style Popcorn, 706 \*

Chicago Style Popcorn, 706

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

Recipe

Item Name	Quantity	Measure	User Code
 Caramel Popcorn, Classic Crunch, ALS 600	50	Gram	600
 sugar, brown, packed	24.3736	Gram	
 syrup, corn, 42/43, refined	9.14196	Gram	SP-95320
 water, municipal tap	3.65678	Gram	
 popcorn, air popped	7.37351	Gram	
 oil, soybean, refined	2.5028	Gram	
 oil, soybean lecithin	0.133882	Gram	
 Butter, Salted ALS 9805, SP-9805	1.91831	Gram	9805
 salt, table	0.839261	Gram	
 baking soda	0.059947	Gram	
 Cheddar Popcorn, 688	50	Gram	
 oil, soybean, refined	23.55	Gram	
 popcorn, air popped	20.55	Gram	
 Cheddar Cheese Seasoning, 112835, ALS 9127	5.9	Gram	9127

Nutrients

Nutrients	Per Serving	Nutrients	Per Serving
Basic Components		Vitamin D - IU (IU)	0
Calories (kcal)	164.69	Vitamin D - mcg (mcg)	0.00
Calories from SatFat (kcal)	18.48	Vitamin E - Alpha-Toco (mg)	0.70
Protein (g)	1.40	Folic Acid (mcg)	0
Carbohydrates (g)	18.83	Folate, DFE (mcg DFE)	2.87
Dietary Fiber (2016) (g)	1.30	Vitamin K (mcg)	15.25
Soluble Fiber (2016) (g)	0	Pantothenic Acid (mg)	0.06
Insoluble Fiber (2016) (g)	0	Minerals	
Total Sugars (g)	9.91	Calcium (mg)	14.88
Added Sugar (g)	9.27	Chloride (mg)	--

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Nutrients cont.

Nutrients	Per Serving	Nutrients	Per Serving
Fat (g)	9.75	Chromium (mcg)	0.00
Saturated Fat (g)	2.05	Copper (mg)	0.03
Mono Fat (g)	2.16	Fluoride (mg)	0.00
Poly Fat (g)	5.02	Iodine (mcg)	0
Trans Fatty Acid (g)	0.07	Iron (mg)	0.37
Cholesterol (mg)	1.85	Magnesium (mg)	13.73
<b>Vitamins</b>		Manganese (mg)	0.11
Vitamin A - RAE (mcg)	0.88	Molybdenum (mcg)	--
Beta-Carotene (mcg)	8.00	Potassium (mg)	59.27
Vitamin B1 (mg)	0.01	Selenium (mcg)	0.10
Vitamin B2 (mg)	0.01	Sodium (mg)	174.70
Vitamin B3 - Niacin Equiv (mg)	0.34	Zinc (mg)	0.28
Vitamin B6 (mg)	0.02	<b>Other Nutrients</b>	
Vitamin B12 (mcg)	0	Sugar Alcohol (g)	0
Biotin (mcg)	0	Choline (mg)	2.29
Vitamin C (mg)	0		

Ingredients by Percent Weight

Percentage	Ingredient
27.92	Popcorn
26.05	Soybean Oil
24.37	Brown Sugar
9.14	Corn Syrup
5.90	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.
3.66	Water
1.92	Butter (PASTEURIZED CREAM, SALT)
0.84	Salt
0.13	Soy Lecithin
0.06	Baking Soda