

Martin’s Air Popped Popcorn:

Nutrition Facts	
Serving size	(28g)
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS:
POPCORN, SOYBEAN OIL, SALT, NATURAL AND ARTIFICIAL FLAVORS.
CONTAINS: MILK

Martin’s Kettle Gold:

Nutrition Facts	
1 serving per container	
Serving Size	1 bag
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.5mg	2%
Potassium 340mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:
INGREDIENTS: POTATOES, SUNFLOWER OIL, SEA SALT

Allergen Information: NONE

Martin's Cheese Curls:

Nutrition Facts	
1 servings per container	
Serving Size	.67 oz.(19g/about 17 curls)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 0mg	0%
Potassium 59mg	2%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.</small>	

Ingredients:

INGREDIENTS: CORN MEAL, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA, CORN, COTTONSEED, SAFFLOWER, SOYBEAN, OR SUNFLOWER), WHEY, CORN STARCH, CHEDDAR CHEESE (PASTEURIZED MILK, SALT, ANNATTO EXTRACT, CHEESE CULTURES, ENZYMES), MALTODEXTRIN, SALT, BUTTER (CREAM, WATER, SALT), NATURAL AND ARTIFICIAL FLAVORS, BUTTERMILK, MONOSODIUM GLUTAMATE, YELLOW 5, YELLOW 6, YELLOW 5 LAKE.

Allergen Information: MILK

Martin's BBQ Waffle:

Nutrition Facts	
1 serving per container	
Serving Size	1 bag
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.5mg	2%
Potassium 330mg	8%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.</small>	

Ingredients:

INGREDIENTS: POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: COTTONSEED, CORN, SUNFLOWER, SOYBEAN), BARBEQUE SEASONING (SUGAR, YELLOW CORN FLOUR, SALT, CORN MALTODEXTRIN, PAPRIKA, MONOSODIUM GLUTAMATE, DEXTROSE, ONION POWDER, HYDROLYZED CORN PROTEIN, SPICE, GARLIC, EXTRACTIVES OF PAPRIKA, NATURAL SMOKE FLAVOR). SEA SALT.

Allergen Information: NONE

Martin's Sour Cream and Onion:

Nutrition Facts	
Serving Size	1 bag
Servings Per Container	1
Amount Per Serving	
Calories 150	Calories from Fat 80
% Daily Value	
Total Fat 9g	14%
Saturated Fat 2.5g	12%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars <1g	
Protein 2g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 2%
* 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
Sat 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:	
• Carbohydrate 4	• Protein 4

Ingredients:

INGREDIENTS: POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: COTTONSEED, CORN, SUNFLOWER, SOYBEAN), SOUR CREAM AND ONION SEASONING [WHEY(MILK), SOUR CREAM (CREAM, NONFAT MILK, CULTURES), SALT, SUGAR, ONION, DEXTROSE, NONFAT MILK, CULTURED NONFAT MILK, MONOSODIUM GLUTAMATE, PARSLEY, MODIFIED CORN STARCH, CITRIC ACID, LACTIC ACID, NATURAL AND ARTIFICIAL FLAVOR, DISODIUM INOSINATE, DISODIUM GUANYLATE, TOCOPHEROLS AND ASCORBYL PALMITATE TO HELP PROTECT FRESHNESS], SEA SALT

Allergen Information: MILK

Martin's Sea Salted:

Nutrition Facts	
Serving size	(28g)
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS:

POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: COTTONSEED, CORN, SUNFLOWER, SOYBEAN) SEA SALT.

Martin’s Kettle-Cook’d:

Nutrition Facts	
1 serving per container	
Serving Size	1 bag
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.5mg	2%
Potassium 360mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:
INGREDIENTS: POTATOES, SHORTENING (CONTAINING ONE OR MORE OF THE FOLLOWING: HIGH OLEIC SOYBEAN OIL, SUNFLOWER OIL, HYDROGENATED COTTONSEED OIL, PALM OIL, HYDROGENATED SOYBEAN OIL), SALT.

Allergen Information: NONE