



# Medifast Cheddar & Sour Cream Popcorn

Naturally Flavored

52640

## Nutrition Facts

Serving Size 1 bag (12g)  
Servings Per Container 7

Amount Per Serving

**Calories 70**      **Calories from Fat 40**

% Daily Value\*

**Total Fat 4.5g**      **7%**

    Saturated Fat 1g      **5%**

    Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 65mg**      **3%**

**Total Carbohydrate 6g**      **2%**

    Dietary Fiber 1g      **4%**

    Sugars 1g

**Protein 1g**

Vitamin A 0%      • Vitamin C 0%

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
Saturated 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:

Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Popcorn, vegetable oil (contains one or more of the following: canola, corn, cottonseed, soybean or sunflower oil), maltodextrin, whey, salt, cheddar cheese (cultured milk, salt and enzymes), onion powder, nonfat dry milk, dextrose, dry shortening (whey, soybean oil), sour cream (cultured cream, nonfat dry milk), sugar, whey protein concentrate, citric acid, lactic acid, natural flavor, paprika extract, yeast extract.  
**CONTAINS: MILK AND SOY.**

Product information may change over time. Therefore, the ingredient label on the package is always the best source for that specific item.