

CAPE COD REDUCED FAT POTATO CHIPS

Ingredients: Select Potatoes, Canola Oil and Salt.

**Cape Cod Reduced Fat Potato Chips: 1/2 Oz. (14g)**

# NUTRITION FACTS

Serving Size 1 Package (14g Approximately 11 Chips)

Servings Per Container 1

**Amount Per Serving**

**Calories 60**

Calories from Fat 25

**% Daily Value\***

**Total Fat 3g** **5%**

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 1.0g

Monounsaturated Fat 2.0g

**Cholesterol 0mg** **0%**

**Sodium 55mg** **2%**

**Total Carbohydrate 9g** **3%**

Dietary Fiber Less Than 1g **0%**

Sugars 0g

**Protein 1g**

Vitamin A 0% • Vitamin C 4%

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:

Fat 9 • Carbohydrate 4 • Protein 4