



## Baked Ruffles® Cheddar & Sour Cream Ridged Potato Crisps .8 oz. (22.7 g.)

Nutrition Facts	
1 Serving per container	
Servings Size	1 packag
Amount per serving	
Calories	400
Calories	100
	%Daily Value
Total Fat 2.5g	39
Saturated Fat 0g	09
Trans Fat 0g	
Polyunsaturated Fat 1.5 g	
Monounsaturated Fat 0.5 g	
Cholesterol 0mg	0%
Sodium 200mg	99
Total Carbohydrate 17g	69
Dietary Fiber 1g	49
Total Sugars2g	
Includes 1g Added Sugars	29
Protein 1g	
Vitamin D 0mcg	09
Calcium 10 mg	09
Iron 0.2g Potassium 180mg	09
	29

I verify this information is accurate as of 1/2/18.

Jan Ruegg
PepsiCo Foodservice/Vend
Nutrition Science

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advice.

Frito-Lay Inc. Plano, TX 75024-4099

## Ingredients:

Dried Potatoes, Corn Starch, Corn Oil, Sugar, Maltodextrin (Made From Corn), Salt, Soy Lecithin, Dextrose, Whey, Whey Protein Concentrate, Onion Powder, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Monosodium Glutamate, Blue Cheese (Milk, Cheese Cultures, Salt, Enzymes), Citric Acid, Artificial Color (Yellow 6 Lake, Yellow 5 Lake, Yellow 5, Yellow 6), Skim Milk, Natural and Artificial Flavors, Garlic Powder, Lactic Acid, Disodium Inosinate, and Disodium Guanylate.

CONTAINS MILK AND SOY INGREDIENTS.

Case UPC	000-28400-56882-1
Bag UPC	0-28400-44549-8
Case Pack	60/.8 oz. bags
Kosher Status	Not Kosher
USDA Smart Snack Compliant	Yes, Vegetable first ingredient
Grain Equivalents	0
Weight of Grain	0
Document Updated	1/2/18



All products are accurately labeled with the most current information however, since the ingredients are subject to change, we recommend you check the label on the specific product for the most current and accurate information.





Calories from Fat 22.5

## Smart Snacks Product Calculator Results

Brand:

**Baked Ruffles** 

Product Name:

Cheddar Sour Cream

Serving Size: 22.68 g

First Ingredient:

**Dried Potatoes** 

Your vegetable product meets all nutrient standards for entrees or snack foods.

<b>Nutrition Facts</b>	
Serving Size 0.8 oz (about 22.68 g) 6	
Servings Per Container	

Calories 100

Amount Per Serving

Total Fat (g) 2.5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 200

Carbohydrates

Sugars (g) 2

Vitamin D (%) NA Potassium (%) NA

Calcium (%) NA Dietary Fiber (%) NA

The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.

START OVER

PRINT FOR YOUR RECORDS

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Questions Contact us.