



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

<b>Nutrition Facts</b>	
Serving Size	1 package
Servings Per Container	1
<b>Amount Per Serving</b>	
<b>Calories</b>	100
<b>Calories from Fat</b>	20
	<b>%Daily Value*</b>
<b>Total Fat</b> 3.0g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Potassium</b> 160mg	<b>5%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
*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
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Fiber	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

**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 Competitive Food Compliant	Yes, Vegetable first ingredient
Grain Equivalent	0
Weight of Grain	0
Document Updated	11/14

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