



Baked! Ruffles® Cheddar & Sour Cream Potato Crisps – 1.125 oz. oz. (31.8 g)

Nutrition Facts			
Serving Size 1 package			
Servings Per Container 1			
Amount Per Serving			
Calories			
			170
Calories from Fat			
			45
		%Daily Value*	
Total Fat	5g		7%
Saturated Fat	1g		4%
Trans Fat	0g		
Polyunsaturated Fat	2.5g		
Monounsaturated Fat	1.5g		
Cholesterol	0mg		0%
Sodium	370mg		15%
Potassium	360mg		10%
Total Carbohydrate	29g		10%
Dietary Fiber	3g		7%
Sugars	3g		
Protein	2g		
Vitamin A			0%
Vitamin C			4%
Calcium			4%
Iron			2%
Thiamin			2%
Riboflavin			2%
Niacin			4%
Vitamin B6			4%
Phosphorus			10%
Zinc			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
Potassium		3,500mg	3,500mg
Total		300g	375g
Carbohydrate			
Dietary		25g	30g
Fiber			
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

Ingredients:

Dehydrated Potatoes, Modified Corn Starch, Corn Oil, Sugar, Corn Maltodextrin, Salt, Soy Lecithin, Whey, Whey Protein Concentrate, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Monosodium Glutamate, Onion Powder, Blue Cheese (Milk, Cheese Cultures, Salt, Enzymes), Citric Acid, Leavening (Monocalcium Phosphate and Sodium Bicarbonate), Dextrose, Disodium Phosphate, Artificial Color (Including Yellow 6 Lake, Yellow 5 Lake, Yellow 5, Yellow 6), Nonfat Milk, Natural and Artificial Flavors, Garlic Powder, Lactic Acid, Disodium Inosinate, and Disodium Guanylate.

CONTAINS MILK AND SOY INGREDIENTS.

No preservatives.

Case UPC	000-28400-44400-2
Bag UPC	0-28400-05945-9
Case Pack	64/1.125 oz. bags
Kosher Status	No
AHG Compliant	No
Grain/Bread Equivalents	n/a
Weight of Grain	n/a
Document Updated	2/11

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