



RF Cheetos® Mellow Puffs – .7 oz. (19.8 g.)

Nutrition Facts			
Serving Size 1 package			
Servings Per Container 1			
Amount Per Serving			
Calories			
			90
Calories from Fat			30
%Daily Value*			
Total Fat	3.5g		5%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	135mg		6%
Total Carbohydrate	14g		5%
Dietary Fiber	less than 1g		4%
Sugars	less than 1g		
Protein	2g		
Vitamin A			0%
Vitamin C			0%
Calcium			10%
Iron			4%
*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:

Whole Cornmeal, Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Cheese Seasoning (Whey, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Sea Minerals [Calcium Carbonate, Magnesium Carbonate], Canola Oil, Maltodextrin [Made From Corn], Salt, Whey Protein Concentrate, Monosodium Glutamate, Natural and Artificial Flavors, Lactic Acid, Citric Acid, Artificial Color [Yellow 6, Yellow 5]), Artificial Color (Yellow 6), and Salt.

CONTAINS MILK INGREDIENTS.

Case UPC	000-28400-21910-5
Bag UPC	0-28400-19047-3
Case Pack	72/.7 oz. bags
Kosher Status	Not Kosher
USDA Smart Snack Compliant	Yes
Grain oz. eq.	1 oz. eq.
Weight of Grain	16.7 g
Document Updated	1/15

I verify the above information is accurate as of 1/2/15.

Jan Ruegg

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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.