

Nutrition Facts

Serving Size About 14 Chips (28g)

Servings Per Container About 8

Amount Per Serving

Calories 120 **Calories from Fat** 35

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 20g **7%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8%

Thiamin 10% • Riboflavin 6%

Niacin 8% • Folate 10%

* 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
Saturated 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

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH OLEIC SUNFLOWER OIL, FLAVOR BLEND (DEXTROSE, ONION POWDER, MALTODEXTRIN, SALT, NATURAL FLAVORS, SPICE, CITRIC ACID, GARLIC POWDER, LACTIC ACID, LEMON JUICE SOLIDS), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: ASCORBIC ACID (PRESERVATIVE), ROSEMARY EXTRACT (ANTIOXIDANT), YEAST, SEA SALT.

CONTAINS: WHEAT