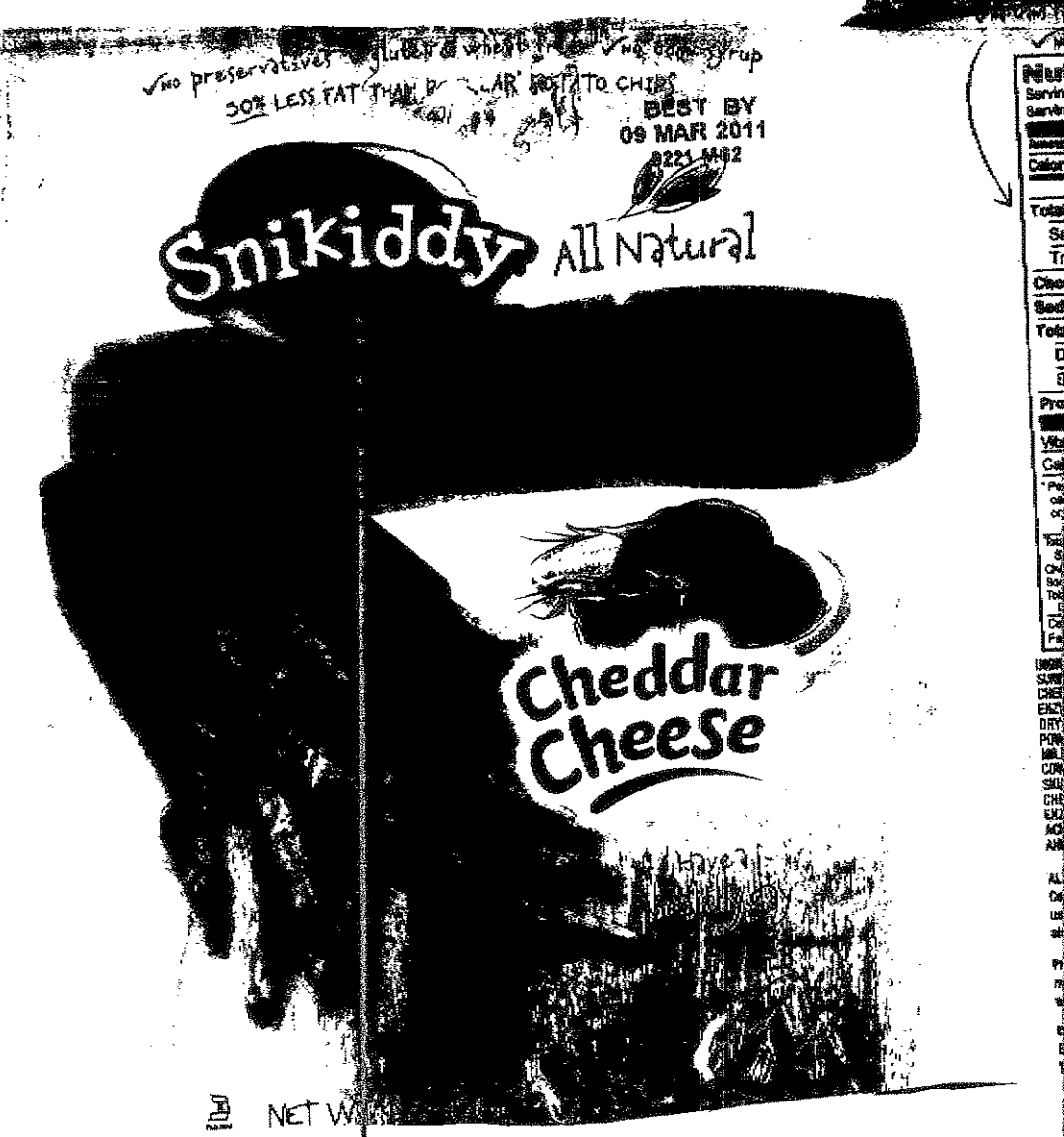

Nutrition Facts

Serving Size 1.0 oz (28g)
Servings Per Container 1

Amount Per Serving	
Calories 130	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 2g	

Vitamin A 0% • Vitamin C 4%
Calcium 4% • Iron 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
Total Carbohydrate			300g	375g
	Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: CORNMEAL, POTATO FLAKES, SUNFLOWER OIL, SEASONING (WHEY, CHEDDAR CHEESE [CULTURED PASTEURIZED MILK, SALT, ENZYMES], WHEY PROTEIN CONCENTRATE, SALT, DRY BUTTERMILK, SOYBEAN OIL, ONION POWDER, YEAST EXTRACT, CULTURED WHOLE MILK, NONFAT MILK, ROMANO CHEESE [PART COW'S MILK (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), PARMESAN CHEESE (CULTURED PART SKIM MILK, SALT, ENZYMES), MILK PROTEIN CONCENTRATE, CITRIC ACID, LACTIC ACID, EXTRACTIVES OF ANNATTO AND TURMERIC).

ALLERGEN INFORMATION

Contains Milk. Good manufacturing practices used to segregate ingredients in the facility that also processes soy ingredients and wheat.

Processed in a facility that does not manufacture any products containing nuts (tree or peanuts).

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