

Baked!

Ruffles®

BRAND

Cheddar & Sour Cream

ARTIFICIALLY FLAVORED



NATURALLY BAKED
POTATO CRISPS

GUARANTEED FRESH
• UNTIL PRINTED DATE •

OCT 24
515 1209 0506
14:22

2 8 AUG 2006

Nutrition Facts

Serving Size 1 package
Servings Per Container 1

Amount Per Serving

Calories 140 Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **10%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **7%**

Sugars 3g

Protein 2g

Vitamin A 0% • Vitamin C 6%

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

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Dehydrated Potatoes, Modified Food Starch, Corn Oil, Sugar, Maltodextrin, Salt, Soy Lecithin, Leavening (Monocalcium Phosphate and Sodium Bicarbonate), Whey, Whey Protein Concentrate, Dextrose, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Monosodium Glutamate, Onion Powder, Blue Cheese (Cultured Milk, Salt, Enzymes), Citric Acid, Disodium Phosphate, Artificial Colors (Including Yellow 6 Lake, Yellow 5 Lake, Yellow 6, Yellow 5), Nonfat Milk, Natural and Artificial Flavors, Garlic Powder, Lactic Acid, Disodium Inosinate, and Disodium Guanylate.
CONTAINS MILK AND SOY INGREDIENTS.
No Preservatives.

FRITO-LAY, INC.

PLANO, TX 75024-4099

© 2001 FRITO-LAY NORTH AMERICA, INC.

Visit our website @ fritolay.com

FritoLay®

NET WT. 1 1/8 OZ. (31.8 g)