



60% Less Fat
than regular potato chips
See Nutrition Information
For Sodium Content

Cheddar

Good Source of
Whole Grain

At least 3g of whole grain per serving



NET WT. 1.25 OZ (35g)

ENLARGED TO
SHOW DETAIL

INGREDIENTS: DEGERMED YELLOW CORN MEAL, WHOLE GRAIN WHEAT, VEGETABLE OIL (SOYBEAN, RICE BRAN AND/OR CANOLA), SUGAR, WHEY, SALT, BUTTERMILK. CONTAINS 1% OR LESS OF: BUTTER, BARLEY MALT EXTRACT, MONOSODIUM GLUTAMATE, NONFAT MILK, DRIED CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SOUR CREAM (CULTURED CREAM, LACTIC ACID), MALTODEXTRIN, DISTILLED MONOGLYCERIDES, ONION POWDER, SODIUM BICARBONATE, YELLOW CORN FLOUR, CALCIUM CARBONATE, TRISODIUM PHOSPHATE, CITRIC ACID, COLOR (YELLOW LAKES 5&6, YELLOWS 5&6), SODIUM PHOSPHATE, LACTIC ACID, NATURAL FLAVOR, ALMOND FLOUR, SOY FLOUR, PEANUT FLOUR. FRESHNESS PRESERVED BY BHT.
CONTAINS WHEAT, MILK, ALMOND, SOY AND PEANUT INGREDIENTS.

DISTRIBUTED BY **General Mills Sales, Inc.**
GENERAL OFFICES, MINNEAPOLIS, MN 55440 USA
© 2006 General Mills

Carbohydrate Choices: 2

3780405101

BEST IF USED BY

21 APR 07
MG024310

b4143 (B)

Nutrition Facts	
Serving Size 1 pouch (35g)	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	6%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	19%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	5%
Sugars 4g	
Protein 3g	
Calcium 4%	Iron 2%

Not a significant source of vitamin A and vitamin C.
*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



THE RED SPOON PROMISE
The Red Spoon is my promise of great taste, quality and convenience.
This is a product you and your family will enjoy. I guarantee it.

1-800-251-0308 Mon-Fri 9:00am-5:00pm CT
www.bettycrocker.com