

Oven Baked Ruffles, Cheddar & Sour Cream - Frito Lay, #000-28400-56882-1

Ingredients:

Dried Potatoes, Corn Starch, Corn Oil, Sugar, Maltodextrin (Made from Corn), Salt, Soy Lecithin, Dextrose, Whey, Whey Protein Concentrate, Onion Powder, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Monosodium Glutamate, Blue Cheese (Milk, Cheese Cultures, Salt, Enzymes), Citric Acid, Artificial Color (Yellow 6 Lake, Yellow 5 Lake, Yellow 5, Yellow 6), Skim Milk, Natural and Artificial Flavors, Garlic Powder, Lactic Acid, Disodium Inosinate, and Disodium Guanylate.

Contains: Milk, Soy

****This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.****

**Newington Foods and Nutrition Services
Reviewed June 2023**

NUTRITION FACTS

Serving Size: 1 package(0.8 oz) (22.7g)

Amount Per Serving

Calories 100 Calories from Fat 20

	<i>% Daily Value*</i>
<i>Total Fat 2.5g</i>	<i>3%</i>
<i>Saturated Fat 0g</i>	<i>0%</i>
<i>Trans Fat 0g</i>	
<i>Polyunsaturated Fat 1.5g</i>	
<i>Monounsaturated Fat 0.5g</i>	
<i>Cholesterol 0mg</i>	<i>0%</i>
<i>Sodium 200mg</i>	<i>9%</i>
<i>Total Carbohydrate 17g</i>	<i>6%</i>
<i>Dietary Fiber 1g</i>	<i>4%</i>
<i>Total Sugars 2g</i>	
<i>Includes 1g Added Sugars</i>	
<i>Protein 1g</i>	
<i>Potassium 2%</i>	<i>Vitamin D 0%</i>
<i>Iron 0%</i>	<i>Calcium 0%</i>

* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.