

Ingredients: Corn, Vegetable Oil (Sunflower, Canola, and/or Corn Oil), Maltodextrin (Made From Corn), Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Monosodium Glutamate, Buttermilk, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Corn Flour, Natural and Artificial Flavor, Dextrose, Tomato Powder, Lactose, Spices, Artificial Color (Including Yellow 6, Yellow 5, and Red 40), Lactic Acid, Citric Acid, Sugar, Garlic Powder, Skim Milk, Red and Green Bell Pepper Powder, Disodium Inosinate, and Disodium Guanylate.

CONTAINS MILK INGREDIENTS.

Nutrition Facts

Serving Size 1 oz (28g/About 11 chips)

Amount Per Servi	ng		
Calories 140	Calories from Fat 70		
		% Daily Value*	
Total Fat 8g	12%		
Saturated Fat	5%		
Trans Fat 0g			
Cholesterol 0	0%		
Sodium 210mg	9%		
Total Carbohy	drate	16g 5%	
Dietary Fiber 1g		4%	
Sugars 0g			
Protein 2g			
Vitamin A 2%	•	Vitamin C 0%	
Calcium 0%	•	Iron 0%	
Thiamin 2%	•	Vitamin Be 2%	

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 Fibe	er	25g	30g
Calories per g	ram:		

Fat 9 • Carbohydrate 4