

65% less fat*,
full flavor



100% crispy
goodness

0g
ZERO GRAMS
TRANS FAT



POTATO CRISPS NET WT. 7/8 OZ. (24.8 g)

RUFFLES
BRAND

BAKED

65% LESS FAT
THAN REGULAR POTATO CHIPS*
**cheddar &
sour cream**
FLAVORED

guaranteed fresh
until printed date.



QUESTIONS OR COMMENTS
1-800-352-4477

MON-FRI 9:00AM TO 4:30PM CT
EMAIL OR CHAT AT FRITOLAY.COM

*65% LESS FAT THAN REGULAR POTATO CHIPS, FAT CONTENT
OF REGULAR POTATO CHIPS IS 10G PER 1 OZ. SERVING; FAT
CONTENT OF THESE SNACKS IS 3.5G PER 1 OZ. SERVING.
THIS PACKAGE CONTAINS 0.875 OZ.

Nutrition Facts

1 serving per container
Serving size **1 package**

Amount per serving
Calories 110

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 2g	

Vit. D 0mcg 0% • Calcium 10mg 0%
Iron 0.3mg 0% • Potas. 280mg 6%

* The % Daily Value (DV) tells you how much a nutrient
in a serving of food contributes to a daily diet. 2,000
calories a day is used for general nutrition advice.

INGREDIENTS: DRIED POTATOES, CORN STARCH, CORN OIL, SUGAR, CORN
MALTODEXTRIN, AND LESS THAN 2% OF WHEY, SALT, SOY LECITHIN, CHEDDAR CHEESE
(MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY PROTEIN CONCENTRATE, POTASSIUM
SALT, ONION POWDER, MONOSODIUM GLUTAMATE, NATURAL AND ARTIFICIAL FLAVORS,
DEXTROSE, CITRIC ACID, SOUR CREAM (CULTURED CREAM, SKIM MILK), ARTIFICIAL
COLOR (YELLOW 5 LAKE, YELLOW 6 LAKE), BUTTERMILK, LACTOSE, GARLIC POWDER,
LACTIC ACID, SKIM MILK, DISODIUM INOSINATE, DISODIUM GUANYLATE, BUTTER
(CREAM, SALT), AND BLUE CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES).
CONTAINS MILK AND SOY INGREDIENTS.

FRITO-LAY, INC.
PLANO, TX 75024-4099
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