

INGREDIENTS: WHOLE CORN MEAL, ENRICHED CORN MEAL (CORN MEAL, FERROUS SULFATE, NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), DRIED POTATOES, AND LESS THAN 2% OF THE FOLLOWING: CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, WHEY, BUTTERMILK, MONOSODIUM GLUTAMATE, TOMATO POWDER, ROMANO CHEESE (PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY PROTEIN CONCENTRATE, ONION POWDER, ARTIFICIAL COLOR (RED 40 LAKE, YELLOW 6 LAKE, YELLOW 6), NATURAL FLAVOR, GARLIC POWDER, LACTIC ACID, SUGAR, CITRIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE, AND BETA-CAROTENE.
CONTAINS MILK INGREDIENTS.

FRITO-LAY, INC.
PLANO, TX 75024-4099
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Cheetos
FANTASTIX!

Flamin' Hot
FLAVORED

GUARANTEED FRESH
• UNTIL PRINTED DATE •



130
CALORIES
PER PKG

CORN AND POTATO SNACKS

NET WT. 1 OZ. (28.3 g)

Questions or Comments? 1-800-352-4477
Weekdays 9:00am to 4:30pm Central Time

10g of whole grains per 1 oz. serving

Nutrition Facts

1 serving per container
Serving size 1 package

Amount per serving
Calories 130

% Daily Value*

Total Fat 5g	6%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	6%
Total Sugars less than 1g	

Protein 2g

Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.7mg	4%
Potassium 10mg	0%

Not a significant source of added sugars.

* 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.