CREAMY
SAVORY
CRISPY
DELICIOUS
Lay's
GUARANTEED FRESH
• UNTIL PRINTED DATE •
Sour Cream
& Onion
Flavored
POTATO
CHIPS
NET WT. 2 5/8 OZ. (74.4 g)
K D
Nutrition Facts
About 2.5 servings per container
Serving size About 17 chips (28g)
Calories
Per serving 160
Per package 410
% DV*
Total Fat 10g 12% 25g 32%
Saturated Fat 1.5g 7% 3.5g 18%
Trans Fat 0g 0g
Cholesterol 0mg 0% 0mg 0%
Sodium 200mg 8% 510mg 22%
Total Carb. 15g 6% 40g 15%
Dietary Fiber 1g 5% 3g 12%
Total Sugars 2g 4g
Protein 2g 5g
Vitamin D 0mcg 0% 0mcg 0%
Calcium 20mg 0% 60mg 4%
Iron 0.6mg 2% 1.5mg 8%
Potassium 350mg 6% 920mg 15%
Vitamin C 6% 15%
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.
INGREDIENTS: POTATOES, VEGETABLE OIL (CANOLA, CORN, SOYBEAN, AND/OR SUNFLOWER OIL), SKIM MILK, SALT, WHEY, ONION POWDER, PARSLEY, SOUR CREAM (CULTURED CREAM, SKIM MILK), DEXTROSE, MALTODEXTRIN (MADE FROM CORN), NATURAL FLAVORS, MEDIUM CHAIN TRIGLYCERIDES, LACTOSE, AND CITRIC ACID.
CONTAINS MILK INGREDIENTS.
FRITO-LAY, INC.
PLANO, TX 75024-4099
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NO ARTIFICIAL FLAVORS
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Until printed date or this snack is on us
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