

65% less fat\*,  
full flavor



100% crispy  
goodness

0g  
ZERO GRAMS  
TRANS FAT

smartlabel®



Scan here for more food information  
or call 1-800-352-4477



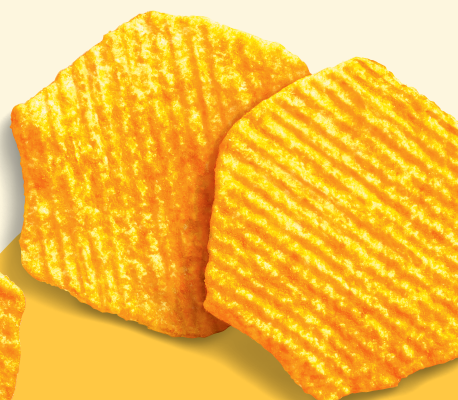
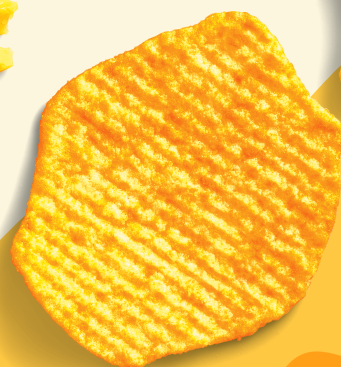
POTATO CRISPS NET WT. 1 7/8 OZ. (53.1 g)

**RUFFLES®**  
BRAND

**BAKED**

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

guaranteed fresh  
until printed date.



**230**  
CALORIES  
PER PKG

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 1.875 OZ.

**Nutrition Facts**

1 serving per container  
Serving size 1 package

Amount per serving  
**Calories 230**

% Daily Value\*

**Total Fat** 6g **8%**  
Saturated Fat 1g **6%**  
*Trans Fat* 0g  
Polyunsaturated Fat 3g  
Monounsaturated Fat 1.5g

**Cholesterol** 0mg **0%**

**Sodium** 320mg **14%**

**Total Carbohydrate** 39g **14%**

Dietary Fiber 2g **9%**

Total Sugars 4g

Includes 3g Added Sugars **5%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 0.5mg **2%**

Potassium 610mg **10%**

\* 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 PHOSPHATE, 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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