

ARTIFICIAL FLAVORS, CITRIC ACID, CANOLA OIL, ARTIFICIAL COLOR (YELLOW 6), YEAST, BAKING SODA, MIXED TOCOPHEROLS (TO PRESERVE FRESHNESS), SODIUM ASCORBATE, REDUCED IRON, NIACINAMIDE, ZINC OXIDE, THIAMIN MONONITRATE (VITAMIN B1), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN D, VITAMIN B12, AMMONIUM BICARBONATE, MONOCALCIUM PHOSPHATE, HYDROLYZED SOY PROTEIN, SOY LECITHIN, SPICES, ENZYMES, SODIUM SULFITE, MALT EXTRACT, BLUE CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), LACTIC ACID, SUNFLOWER OIL, GARLIC POWDER, DISODIUM INOSINATE, DISODIUM GUANYLATE, AND SOY PROTEIN ISOLATE.  
CONTAINS MILK, SOY, AND WHEAT INGREDIENTS.

FRITO-LAY, INC.  
PLANO, TX 75024-4099  
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SL-QUAK-7E LAP 30052499



GUARANTEED FRESH  
• UNTIL PRINTED DATE •

**Snack Mix**  
BAKED CHEDDAR  
FLAVORED



SERVING  
SUGGESTION

NET WT.  
1 3/4 OZ. (49.6 g)

220  
CALORIES  
PER PKG

Questions or Comments?

**1-800-352-4477**

Weekdays 9:00am to 4:30pm CT  
email or chat at [fritolay.com](https://www.fritolay.com)

## Nutrition Facts

1 serving per container

Serving size 1 package

Amount per serving

**Calories 220**

% Daily Value\*

**Total Fat** 9g **11%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

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

**Sodium** 470mg **20%**

**Total Carbohydrate** 34g **12%**

Dietary Fiber 2g **6%**

Total Sugars 4g

Includes 4g Added Sugars **8%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 60mg **4%**

Iron 6.1mg **30%**

Potassium 70mg **0%**

\* 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:** ENRICHED FLOUR (BLEACHED AND UNBLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN OIL, WHOLE OAT FLOUR, WHOLE WHEAT FLOUR, MILLED CORN, RICE, SUGAR, AND LESS THAN 2% OF THE FOLLOWING: BROWN SUGAR, MALTODEXTRIN (MADE FROM CORN), SALT, WHEY PROTEIN CONCENTRATE, WHEY, MOLASSES, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), CORN SYRUP, CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES), MALTED BARLEY EXTRACT, ONION POWDER, DISODIUM PHOSPHATE, BUTTERMILK, SOUR CREAM (CULTURED CREAM, SKIM MILK), YEAST EXTRACT, BUTTER (CREAM, SALT), NATURAL AND