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SL-SPTZ-4C

LAP

997006

EATING INSTRUCTIONS:
CRACK OPEN SHELLS,
DISCARD SHELLS,
ENJOY THE SEEDS!



Visit www.spitzusa.com
to learn all about our history and
our variety of unique flavors!
Questions & Comments? 1-877-577-1489
Weekdays 9:00 am to 4:30 pm Central Time
CHOCOE WARNING: Do not give to
children younger than 4 years old.

smartlabel®

Scan here for smart label information
or call 1-877-577-1489

NET WT. 2 OZ. (56.7 g)

SUNFLOWER
SEEDS

◆ SINCE ◆
SHELLIN' ◆ SPITTIN' ◆
◆ 1982 ◆

Doritos
COOL RANCH
FLAVORED



DORITOS® COOL RANCH®
FLAVORED

Nutrition Facts

1 serving per container

Serving size
1 package hulled seeds
with seasoning

Calories
per serving **170**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 14g	18%	Total Carbohydrate 5g	2%
Saturated Fat 1.5g	7%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 1g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 500mg	22%	Protein 6g	
Vitamin D 0.1mcg 0% • Calcium 30mg 2% • Iron 1.2mg 6% • Potassium 150mg 2%			

*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: SUNFLOWER SEEDS, SALT, AND LESS THAN
2% OF SKIM MILK, MALIC ACID, TOMATO POWDER,
MONOSODIUM GLUTAMATE, CITRIC ACID, SODIUM ACETATE,
LACTOSE, CHEESE CULTURES, MILK, CHEESE CULTURES, SALT,
WATER, SUNFLOWER SEED OIL, SUNFLOWER SEED OIL,
SUNFLOWER SEED OIL, SUNFLOWER SEED OIL, SUNFLOWER
SEED OIL, SUNFLOWER SEED OIL, SUNFLOWER SEED OIL,
AND ARTIFICIAL FLAVORS, CANOLA OIL, OLIVE OIL, SPICES,
BUTTERMILK, CORN STARCH, ANNAT EXTRACTS,
DISODIUM MONOPHOSPHATE AND DISODIUM GUANYLATE.
CONTAINS MILK INGREDIENTS.

Manufactured for
Frito-Lay, Inc.
Palo Alto, Texas 75024-4099
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