



RUFFLES

Because when you have ridges,
THE CRUNCHES ARE CRUNCHIER,
THE DIPPING STRENGTH MULTIPLIES,
and your chips become RUFFLES.®



RUFFLES HAVE RRRIDGES!®

RUFFLES



GUARANTEED FRESH
• UNTIL PRINTED DATE •

ORIGINAL



POTATO CHIPS

NET WT. 1 OZ. (28.3 g)

160
CALORIES
PER PKG

See Nutrition Information for Total Fat Content.



NF-RUSS-7E LAP 30061907

Questions or Comments? 1-800-352-4477
Weekdays 9:00am to 4:30pm CT
email or chat at fritolay.com

Nutrition Facts

1 serving per container
Serving size 1 package

Amount per serving
Calories 160

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	5%
Total Sugars less than 1g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	2%
Potassium 350mg	6%
Vitamin C	6%

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), AND SALT.

FRITO-LAY, INC.
PLANO, TX 75024-4099
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GLUTEN FREE