

**INGREDIENTS:** ENRICHED CORN MEAL (CORN MEAL, FERROUS SULFATE, NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), AND LESS THAN 2% OF SALT, MALTODEXTRIN (MADE FROM CORN), YEAST EXTRACT, MONOSODIUM GLUTAMATE, POTASSIUM SALT, CITRIC ACID, SUGAR, ARTIFICIAL COLOR (RED 40 LAKE, YELLOW 6 LAKE, YELLOW 6, YELLOW 5), CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), ONION POWDER, WHEY, WHEY PROTEIN CONCENTRATE, GARLIC POWDER, NATURAL FLAVORS, BUTTERMILK, SODIUM DIACETATE, DISODIUM INOSINATE, AND DISODIUM GUANYLATE. CONTAINS MILK INGREDIENTS.

FRITO-LAY, INC.  
PLANO, TX 75024-4099  
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NORTH AMERICA, INC.



GLUTEN FREE

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DM-CHSS-4C LAP 30062945



# Cheetos®

## Flamin' Hot® Crunchy

GUARANTEED FRESH  
• UNTIL PRINTED DATE •

CHEESE FLAVORED SNACKS

NET WT. 2 OZ. (56.7 g)

320  
CALORIES  
PER PKG

See Nutrition Information for Total Fat Content.

**GUARANTEED FRESH**  
*Until printed date  
or this snack is on us.*  
**Questions or Comments?**  
**1-800-352-4477**  
**Mon-Fri 9:00am to 4:30pm CT**  
**email at [fritolay.com](mailto:fritolay.com)**

*Please provide product name,  
bag size, date, price and numbers  
found below price for each package.*

### Nutrition Facts

2 servings per container

**Serving size** About 21 pieces (28g)

	Per serving		Per package	
		% DV*		% DV*
Calories	<b>160</b>		<b>320</b>	
Total Fat	11g	14%	22g	28%
Saturated Fat	1.5g	8%	3g	15%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	210mg	9%	420mg	18%
Total Carb.	15g	5%	30g	11%
Dietary Fiber	<1g	3%	1g	5%
Total Sugars	0g		<1g	
Protein	1g		3g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	10mg	0%	10mg	0%
Iron	0.6mg	2%	1.3mg	6%
Potassium	90mg	0%	190mg	2%

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.

