



Cheetos

Flamin' Hot

GUARANTEED FRESH
• UNTIL PRINTED DATE •

WHERE THERE'S
Smoke
THERE'S
FIRE
PUFFS WITH
SMOKIN' HEAT

SMOKY
GHOST
PEPPER FLAVORED
Puffs

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CHEESE FLAVORED SNACKS

NET WT. 2 3/8 OZ. (67.3 g)

Nutrition Facts

About 2.5 servings per container
Serving size About 24 pieces (28g)

	Per serving	Per package
Calories	160	390
	% DV*	% DV*
Total Fat	12g 15%	28g 35%
Saturated Fat	1.5g 8%	4g 19%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	140mg 6%	340mg 15%
Total Carb.	14g 5%	34g 12%
Dietary Fiber	<1g 3%	2g 6%
Total Sugars	<1g	1g
Protein	1g	3g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	20mg 0%	40mg 2%
Iron	0.8mg 4%	1.9mg 10%
Potassium	180mg 2%	440mg 8%

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: 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 MALTODEXTRIN (MADE FROM CORN), SPICES (INCLUDING GHOST CHILI PEPPERS), POTASSIUM SALT, CITRIC ACID, ONION POWDER, SALT, MONOSODIUM GLUTAMATE, YEAST EXTRACT, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), TOMATO POWDER, SODIUM DIACETATE, CORN SYRUP SOLIDS, ARTIFICIAL COLOR (RED 40 LAKE, YELLOW 6 LAKE, BLUE 2 LAKE, YELLOW 6, YELLOW 5), WHEY, SUGAR, NATURAL FLAVORS (CONTAINS ANIMAL INGREDIENTS), WHEY PROTEIN CONCENTRATE, GARLIC POWDER, BUTTERMILK, DISODIUM INOSINATE, AND DISODIUM GUANYLATE.
CONTAINS MILK INGREDIENTS.

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

