

GRIP IT & RIP IT 

SPITZ®

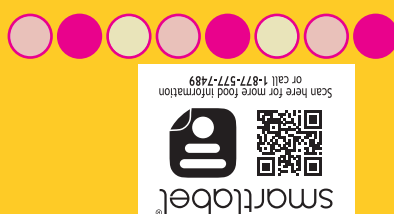
Fritos® BAR-B-Q
FLAVORED

♦ SINCE ♦
SHELLIN' & SPITTIN'
♦ 1982 ♦

♦ FIRE ♦
ROASTED & SALTED
♦ SEEDS ♦

• **SUNFLOWER SEEDS** •

NET WT. 6 OZ.
(170.1 g)



CHOKES WARNING: DO NOT GIVE TO CHILDREN YOUNGER THAN 4 YEARS OLD.

Check out our bold lineup of flavors.
VISIT SPITZUSA.COM FOR MORE.

— A —
BURST  — OF —
FLAVOR
IN EVERY SPITZ®
BIG SEEDS WITH
BIG PERSONALITY™



Fritos BAR-B-Q

SLIDS



Nutrition Facts	
About 8 servings per container	
Serving Size about 1 tsp half seeds	
Per package (28g)	
Calories	180
Per serving (28g)	
Total Fat	15g 30%
Saturated Fat	1.5g 7%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	59mg 19%
Total Carb.	35g 28%
Dietary Fiber	2g 7%
Protein	1g
Added Sugars	<1g 1%
Vitamin D	0.2mcg 2%
Calcium	20mg 0%
Iron	1.3mg 6%
Potassium	140mg 2%
Vitamin E	0.1mg 2%

*% Daily Value (DV) are based on a 

INGREDIENTS: SOUTHWEST SEEDS, SALT, AND LESS THAN 2% OF SUGAR, FRUCTOSE, CORN MALTODEXTRIN, MONOSODIUM GLUTAMATE, MOLASSES, ONION POWDER, SPICES, NATURAL FLAVORS, CITRIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE, AND PAPRIKA EXTRACT (COLOR).

Manufactured for Frito-Lay, Inc.
Palo, Texas 75024-4099
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Questions & Comments? 1-877-577-7499
Weekdays 9:00 am to 4:30 pm Central Time

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Weekdays 9:00 am to 4:30 pm Central Time