Questions or Comments? 1-800-352-4477
Weekdays 9:00am to 4:30pm CT

Nutrition Facts

2 servings per container
Serving size **About 2 1/4 cups (28g)**

	Per serving		Per package	
Calories	**160**		**320**	
		% DV*		% DV*
Total Fat	11g	**14%**	22g	**28%**
Saturated Fat	1.5g	**8%**	3g	**15%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	280mg	**12%**	560mg	**24%**
Total Carb.	14g	**5%**	28g	**10%**
Dietary Fiber	2g	**6%**	3g	**12%**
Total Sugars	<1g		2g	
Protein	2g		4g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	20mg	0%	30mg	2%
Iron	0.4mg	2%	0.8mg	4%
Potassium	200mg	4%	400mg	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: POPCORN, VEGETABLE OIL (CANOLA, CORN, AND/OR SUNFLOWER OIL), MALTODEXTRIN (MADE FROM CORN), SALT, AND LESS THAN 2% OF YEAST EXTRACT, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), MONOSODIUM GLUTAMATE, POTASSIUM SALT, WHEY, CITRIC ACID, ONION POWDER, ARTIFICIAL COLOR (RED 40 LAKE, YELLOW 6 LAKE, YELLOW 6, YELLOW 5), WHEY PROTEIN CONCENTRATE, SUGAR, CORN SYRUP SOLIDS, BUTTERMILK, GARLIC POWDER, NATURAL FLAVORS, SODIUM DIACETATE, DISODIUM INOSINATE, AND DISODIUM GUANYLATE.

CONTAINS MILK INGREDIENTS.

FRITO-LAY, INC.
PLANO, TX 75024-4099
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CHOKE WARNING: Do not give to children younger than 4 years old.

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