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

Nutrition Facts

Serving Size 1 package
Servings Per Container 1

Amount Per Serving	
Calories 110	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 450mg	**19%**
Potassium 80mg	**2%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 1g	**4%**
Sugars less than 1g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 6%	
Thiamin 8%	•	Riboflavin 8%	
Niacin 6%	•	Phosphorus 2%	
Magnesium 2%			

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4