

# Nutrition Facts

Serving Size 1 oz (28g / about 49 pieces)

## Amount Per Serving

**Calories** 170    Calories from Fat 110

**% Daily Value\***

**Total Fat** 12g                      **18%**

Saturated Fat 2g                      **10%**

Trans Fat 0g

Polyunsaturated Fat 6g

Monounsaturated Fat 3.5g

**Cholesterol** less than 5mg              **0%**

**Sodium** 260mg                      **11%**

**Total Carbohydrate** 14g              **5%**

Dietary Fiber 0g                      **0%**

Sugars 1g

**Protein** 1g

Vitamin A 0%    •    Vitamin C 0%

Calcium 0%    •    Iron 0%

\*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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

**PRODUCT:**  
**PUFF-N-BITES**

**FLAVOR:**  
**THREE PEPPER CHEESE**

**INGREDIENTS:** CORN MEAL, CORN OIL, WHEY, SALT, MALTODEXTRIN, SOUR CREAM (CULTURED CREAM, NONFAT MILK), REDUCED LACTOSE WHEY, JALAPEÑO PEPPER POWDER, COLORED WITH (PAPRIKA, TURMERIC, AND ANNATTO EXTRACTS), ONION POWDER, DEXTROSE, NATURAL FLAVORS, CHEDDAR AND BLUE CHEESE (CULTURED MILK, SALT, ENZYMES), GARLIC POWDER, YEAST EXTRACT, CANOLA OIL, NONFAT DRY MILK, SUGAR, CHILI PEPPER, CAYENNE PEPPER, CITRIC ACID, DISODIUM PHOSPHATE, SPICES, LACTIC ACID. CONTAINS: MILK

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Data subject to change.  
Refer to packaging.

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