



GENERAL MILLS
BAKERIES & FOODSERVICE

16000-41645

Hot 'n Spicy Chex Mix Brand Snack

NET WT 1.25 OZ (35g)



INGREDIENTS: Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), **Degermed Yellow Corn Meal, Whole Wheat, Vegetable Oil** (canola, soybean, rice bran and/or sunflower), **Sugar, Maltodextrin. Contains 2% or less of:** Salt, Partially Hydrogenated Soybean Oil, Spice, Monosodium Glutamate, High Fructose Corn Syrup, Malt Syrup, Barley Malt Extract, Baking Soda, Yeast, Onion Powder, Color (yellows 5 & 6 lake, yellows 5 & 6, red 40 lake, red 40, blue 1 and other color added), Garlic Powder, Whey, Yeast Extract, Distilled Monoglycerides, Margarine (partially hydrogenated soybean oil, water, salt, mono and diglycerides, whey, soy lecithin, artificial flavor, colored with beta-carotene, Vitamin A palmitate), Natural Flavor, Hydrolyzed Soy Protein, Calcium Carbonate, Trisodium Phosphate, Yellow Corn Flour, Dried Cheddar Cheese (milk, cheese cultures, salt, enzymes), Corn Syrup Solids, Sour Cream Solids (sour cream [cream, cultures, lactic acid], cultured nonfat dry milk solids, citric acid). Freshness Preserved by Sodium Metabisulfite and BHT.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Nutrition Facts

Serving Size 1 pouch (35g)

Amount Per Serving

Calories 150

Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 0.5g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 26g 9%

Dietary Fiber 2g 6%

Sugars 3g

Protein 2g

Iron 4%

Not a significant source of vitamin A, vitamin C and calcium.

*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

CHILD NUTRITION PROGRAM: 1 Serving = 1.0 Bread Equivalents

The most accurate label information for package contents will always be on the product label. This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.

QUESTIONS? Call 1-800-767-5404

GENERAL MILLS * P.O. Box 200 - FS * MINNEAPOLIS, MINNESOTA 55440

I certify that the information contained in this document is true and correct as of the date above. Seema Chopra - General Mills Product Labeling