



**Ingredients:** Dehydrated Potatoes, Modified Corn Starch, Corn Oil, Sugar, Corn Maltodextrin, Salt, Soy Lecithin, Whey, Whey Protein Concentrate, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Monosodium Glutamate, Onion Powder, Blue Cheese (Milk, Cheese Cultures, Salt, Enzymes), Citric Acid, Leavening (Monocalcium Phosphate and Sodium Bicarbonate), Dextrose, Disodium Phosphate, Artificial Color (Including Yellow 6 Lake, Yellow 5 Lake, Yellow 5, Yellow 6), Nonfat Milk, Natural and Artificial Flavors, Garlic Powder, Lactic Acid, Disodium Inosinate, and Disodium Guanylate.

**CONTAINS MILK AND SOY INGREDIENTS.**  
No Preservatives.

## Nutrition Facts

Serving Size 1 oz.

### Amount Per Serving

**Calories** 120      **Calories from Fat** 30

**% Daily Value\***

**Total Fat** 3.5g      **5%**

Saturated Fat 0.5g      **3%**

Polyunsaturated Fat 2g

Monounsaturated Fat 1g

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 270mg      **11%**

**Potassium** 260mg      **8%**

**Total Carbohydrate** 21g      **7%**

Dietary Fiber 2g      **7%**

Sugars 2g

**Protein** 2g

Vitamin A 0%      •      Vitamin C 2%

Calcium 2%      •      Iron 2%

Thiamin 2%      •      Riboflavin 2%

Niacin 4%      •      Vitamin B<sub>6</sub> 4%

Phosphorus 8%      •      Zinc 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