

[Recipes](#)[Nutrition Facts](#)[News From PepsiCo](#)[K-12 Resources](#)[Con](#)[Idea Form](#)

CHEETOS® FLAMIN' HOT® Cheese Flavored Snacks

 0 Trans Fats No Gluten Ingredients[Return to Brand List \(/nutritional-facts-by-product\)](#)

Product Nutrition

Nutrition Facts	
Serving Size	1 package
Servings Per Container	1
Amount Per Serving	
Calories	120
Calories from Fat	40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	5%
Sugars less than 1g	
Protein 2g	
Vitamin A	10%
Vitamin C	6%
Calcium	0%
Iron	4%
Thiamin	8%
Riboflavin	4%
Niacin	4%
Vitamin B6	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
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Ingredients

Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Dried Potatoes, Vegetable Oil (Corn, Canola, Soybean, and/or Sunflower Oil), Cheddar Cheese (Milk, Cheese Cultures, Salt and Enzymes), and Less than 2% of the Following: Salt, Whey, Buttermilk, Monosodium Glutamate, and Tomato Powder, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, and Enzymes), Whey Protein Concentrate, Onion Powder, Artificial Color (Including Red 40 Lake, Yellow 6 Lake, and Yellow 6), Natural Flavor, Garlic Powder, Lactic Acid, Sugar, Citric Acid, Disodium Inosinate, Disodium Guanylate, and Beta-Carotene.

CONTAINS MILK INGREDIENTS.

Additional Product Credentials

Case UPC	000-28400-43578-9
Bag UPC	0-28400-07506-0
Case Pack	104/1 oz. bags
Kosher Status	No
AHG Compliant	Yes – E, M, H
HealthierUS School Challenge Compliant – Competitive Foods (Bronze, Silver or Gold Award)	Yes
HealthierUS School Challenge Compliant – Competitive Foods (Gold Award of Distinction)	Yes
Grain/Bread Equivalents (16g/serving)	1 BGE
Weight of Grain	19.8g
Document Updated	August 2012