



Ruffles® Cheddar & Sour Cream Ridged Potato Chips – 1 oz. (28 g.)

Nutrition Facts	
Serving Size	1 package
Servings Per Container	1
Amount Per Serving	
Calories	160
Calories from Fat	90
%Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 330mg	9%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 2g	
Vitamin A	0%
Vitamin C	10%
Calcium	0%
Iron	2%
Niacin	6%
Vitamin B6	8%
Phosphorus	2%
Magnesium	4%
*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

Ingredients:

Potatoes, Vegetable Oil (Sunflower, Corn, and/or Canola Oil), Cheddar & Sour Cream Seasoning (Less Than 2% Of The Following: Maltodextrin [Made From Corn], Salt, Whey Protein Concentrate, Whey, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Onion Powder, Corn Oil, Monosodium Glutamate, Natural and Artificial Flavor, Buttermilk, Canola Oil, Sour Cream [Cultured Cream, Skim Milk], Lactose, Butter [Cream, Salt], Sodium Caseinate, Yeast Extract, Citric Acid, Skim Milk, Blue Cheese [Milk, Cheese Cultures, Salt, Enzymes], Lactic Acid, Garlic Powder, Artificial Color [Including Yellow 6, Yellow 5], Whey Protein Isolate, Sunflower Oil, and Milk Protein Concentrate).

CONTAINS MILK INGREDIENTS.

Case UPC	000-28400-11065-5
Bag UPC	0-28400-09017-9
Case Pack	104/ 1 oz. bags
Kosher Status	Not Kosher
AHG Compliant	No
Healthier US Schools Compliant Competitive Foods (Bronze, Silver & Gold Awards)	No
Healthier US Schools Compliant Competitive Foods (Gold Award of Distinction)	No
Grain – oz. eq. (16 g per serving)	0
Weight of Grain	0
Document Updated	7/13

I verify the above information is accurate as of 7/6/13.

Jan Ruegg
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 PepsiCo Foodservice/Vend
 Nutrition Science

All products are accurately labeled with the most current information however, since the ingredients are subject to change at any time, we recommend you check the label on the specific product for the most current and accurate information.