



GFS # 105200



Cheetos® Flamin' Hot Crunchy Cheese Snacks – 1 oz. (28 g.)

Nutrition Facts	
Serving Size	1 package
Servings Per Container	1
Amount Per Serving	
Calories	160
Calories from Fat	100
	%Daily Value*
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 13g	4%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%
Thiamin	6%
Riboflavin	2%
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), Vegetable Oil (Corn, Canola and/or Sunflower Oil), Flamin' Hot Seasoning (Maltodextrin [Made From Corn], Salt, Sugar, Monosodium Glutamate, Yeast Extract, Citric Acid, Artificial Color [Red 40 Lake, Yellow 6 Lake, Yellow 6, Yellow 5], Sunflower Oil, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Onion Powder, Whey, Whey Protein Concentrate, Garlic Powder, Natural Flavor, Buttermilk, Sodium Diacetate, Disodium Inosinate, and Disodium Guanylate), and Salt.

CONTAINS MILK INGREDIENTS.

Case UPC	000-28400-32422-9
Bag UPC	0-28400-00412-9
Case Pack	104/1 oz. bag
Kosher Status	No
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/Bread Equivalents	1 BGE
Weight of Grain	17.8 g
Document Updated	3/13

I verify the above information is accurate as of 3/27/13.

Jan Ruegg
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.