



**Oven Baked Ruffles® Cheddar & Sour Cream Ridged Potato Chips**  
**1.125 oz. (31.8 g.)**

<b>Nutrition Facts</b>	
Serving Size	1 package
Servings Per Container	1
<b>Amount Per Serving</b>	
Calories	130
Calories from Fat	30
	<b>%Daily Value*</b>
<b>Total Fat</b> 4.0g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>11%</b>
<b>Potassium</b> 230mg	<b>6%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 1g	<b>6%</b>
Sugars 2g	
<b>Protein</b> 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	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
Fiber	
<b>Calories per gram:</b>	
Fat 9	Carbohydrate 4 Protein 4

**Ingredients:** Dried Potatoes, Corn Starch, Corn Oil, Sugar, Maltodextrin (Made From Corn), Salt, Soy Lecithin, Dextrose, Whey, Whey Protein Concentrate, Onion Powder, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Monosodium Glutamate, Blue Cheese (Milk, Cheese Cultures, Salt, Enzymes), Citric Acid, Artificial Color (Yellow 6 Lake, Yellow 5 Lake, Yellow 5, Yellow 6), Skim Milk, Natural and Artificial Flavors, Garlic Powder, Lactic Acid, Disodium Inosinate, and Disodium Guanylate.

**CONTAINS MILK AND SOY INGREDIENTS.**

Case UPC	000-28400-44400-2
Bag UPC	0-28400-05945-9
Case Pack	64/1.125 oz. bags
Kosher Status	No
AHG Compliant	No
USDA Competitive Food	Yes
Healthier US Schools Compliant Competitive Foods (Gold Award of Distinction)	No
Grain – oz. eq. (16 g per serving)	n/a
Weight of Grain	n/a
Document Updated	3/14

I verify the above information is accurate as of 3/20/14.

*Jan Ruegg*  
 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.