



Lay's® Sour Cream & Onion Potato Chips – 1.5 oz. (42.5 g)

Nutrition Facts	
Serving Size	1 package
Servings Per Container	1
Amount Per Serving	
Calories	240
Calories from Fat	130
	%Daily Value*
Total Fat 15g	23%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Potassium 510mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 3g	
Vitamin A	0%
Vitamin C	15%
Calcium	2%
Iron	4%
Vitamin E	8%
Thiamin	6%
Folate	2%
Magnesium	6%
*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	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Ingredients:

Potatoes, Vegetable Oil (Sunflower, Corn, and/or Canola Oil), Sour Cream & Onion Seasoning (Skim Milk, Salt, Maltodextrin [Made From Corn], Onion Powder, Whey, Sour Cream [Cultured Cream, Skim Milk], Canola Oil, Parsley, Natural Flavor, Lactose, Sunflower Oil, Citric Acid, Whey Protein Concentrate, and Buttermilk).

CONTAINS MILK INGREDIENTS.

Case UPC	000-28400-44361-6
Bag UPC	028400001748
Case Pack	64/1.5 oz. bags
Kosher Status	Yes – Triangle K Dairy
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	6/13

I verify the above information is accurate as of June 27, 2013

Jan Ruegg
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 PepsiCo Foodservice/Vend
 Nutrition Science