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Ruffles® Ridged Potato Chips Original – 16 oz.



Nutrition Facts	
Serving Size 1 oz (28g/About 12 chips)	
Servings Per Container 16	
Amount Per Serving	
Calories	
	160
Calories from Fat	90
%Daily Value*	
Total Fat 10g	16%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium 340mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	5%
Sugars less than 1g	
Protein 2g	
Vitamin A	0%
Vitamin C	10%
Calcium	0%
Iron	2%
Vitamin E	6%
Thiamin	4%
Niacin	6%
Vitamin B6	10%
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	300g 375g
Carbohydrate	
Dietary	25g 30g
Fiber	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Ingredients:

Potatoes, Vegetable Oil (Sunflower, Corn and/or Canola Oil), and Salt.

Case UPC	000-47736-9
Bag UPC	0-28400-09016-2
Case Pack	8/16 oz. bags
Kosher Status	Yes – OU
AHG Compliant	No
Healthier US Schools Compliant Competitive Foods (Gold Award of Distinction)	No
USDA Competitive Food Compliant	No
Grain/Bread Equivalents	0
Weight of Grain	0
Document Updated	1/14

I verify all information is accurate as of 1/31/14.

Jan Ruegg

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PepsiCo Foodservice/Vend Nutrition Science
972-334-2165