

# 20845



## GFS (836890)

### Corn Chips

4/22 oz

- ◆ each 1 oz serving provides 0.75 oz eq
- ◆ 15g whole grain per 1.0 oz serving
- ◆ whole grain rich (>50% whole grain)
- ◆ gluten free

*Julie Bloom*

Julie Bloom, Quality Control Manager

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<b>Nutrition Facts</b>	
Serving Size 3/4 Cups (28g)	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 160mg</b>	<b>7%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein 2g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000    2,500</small>
Total Fat	Less than 65g    80g
Saturated 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
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Ingredients: Whole Corn, Sunflower and/or Corn Oil, Salt