

Nutrition Facts

Servings Size 1 oz (28g/about 14 chips)
Servings Per Container 5

Amount Per Serving

Calories 140 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans. Fat 0g

Polyunsaturated 1g

Monounsaturated 6g

Cholesterol 0mg **0%**

Sodium 270mg **11%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 10%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2000 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

Potatoes, Vegetable Oil (May Contain One or More of the Following: Sunflower and/or Safflower Oil) and Salt, Sucrose, Maltodextrin, Citric Acid, Vinegar, Yeast Extract, Balsamic Vinegar, Beet Powder (Color), and Natural Flavor.



Distributed By:

Boulder Natural Foods

Boulder, Colorado 80301

www.bouldercanyonfoods.com

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