



## **RF Cheetos® Flamin' Hot Puffs – .7 oz. (19.8 g.)**

<b>Nutrition Facts</b>	
Serving Size	1 package
Servings Per Container	1
<b>Amount Per Serving</b>	
<b>Calories</b>	90
<b>Calories from Fat</b>	30
	<b>%Daily Value*</b>
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber less than 1g	<b>4%</b>
Sugars less than 1g	
<b>Protein</b> 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	8%
Iron	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 Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Fiber	
Calories per gram:	
Fat 9	Carbohydrate 4    Protein 4

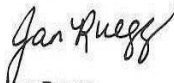
### **Ingredients:**

Whole Cornmeal, Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), FLAMIN' HOT® Seasoning (Sea Minerals [Calcium Carbonate, Magnesium Carbonate], Salt, Sugar, Monosodium Glutamate, Yeast Extract, Citric Acid, Artificial Color [Red 40 Lake, Yellow 6 Lake, Yellow 6, Yellow 5], Hydrolyzed Corn Protein, Onion Powder, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Sunflower Oil, Whey, Maltodextrin [Made From Corn], Whey Protein Concentrate, Garlic Powder, Buttermilk, Natural Flavors, Sodium Diacetate, Lactic Acid, Disodium Inosinate, Disodium Guanylate, Skim Milk), and Artificial Color (Red 40, Yellow 6).

**CONTAINS MILK INGREDIENTS.**

Case UPC	000-28400-21912-9
Bag UPC	0-28400-19048-0
Case Pack	72/.7 oz. bags
Kosher Status	Not Kosher
USDA Smart Snack Compliant	Yes – whole grain first ingredient
Grain oz. eq.	1 oz. eq.
Weight of Grain	17.1 g
Document Updated	1/16

I verify the information above is accurate as 1/27/16.



Jan Ruegg  
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Plano, TX 75023-4099



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



**Smart Snacks  
Product Calculator  
Results**

Brand:  
**Cheetos(r)**

Product Name:  
**Reduced Fat Flamin' Hot Puffs**

Serving Size:  
**19.84 g**

First Ingredient:  
**Whole Cornmeal**

• Your whole grain product meets all nutrient standards.

**Nutrition Facts**

Serving Size 19.84 g ⓘ

Amount Per Serving

Calories 90 Calories from Fat 30

**Total Fat (g) 3.5**

Saturated Fat (g) 0

Trans Fat (g) 0

**Sodium (mg) 135**

**Carbohydrates**

Sugars (g) 1

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

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