



## **RF Cheetos® Mellow Puffs – .7 oz. (19.8 g.)**

**Whole Grain Rich**

<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	10%
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	300g 375g
Carbohydrate	
Dietary	25g 30g
Fiber	
<b>Calories per gram:</b>	
Fat 9	Carbohydrate 4 Protein 4

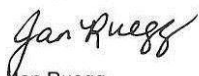
### **Ingredients:**

Whole Cornmeal, Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Cheese Seasoning (Whey, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Sea Minerals [Calcium Carbonate and Magnesium Carbonate], Canola Oil, Maltodextrin [Made From Corn], Salt, Whey Protein Concentrate, Monosodium Glutamate, Natural and Artificial Flavors, Lactic Acid, Citric Acid, and Artificial Color [Yellow 6, Yellow 5]), and Salt.

**CONTAINS MILK INGREDIENTS.**

Case UPC	000-28400-21910-5
Bag UPC	0-28400-19047-3
Case Pack	72/.7 oz. bags
Kosher Status	Not Kosher
AHG Compliant	Yes
Healthier US Schools Compliant Competitive Foods (Bronze, Silver & Gold Awards)	Yes
Healthier US Schools Compliant Competitive Foods (Gold Award of Distinction)	Yes
Grain oz. eq.	1 oz. eq.
Weight of Grain	16.7 g
Document Updated	1/2/14

I verify the above information is accurate as of 1/2/14.



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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.