



## RF Cheetos® Flamin' Hot 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	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	300g 375g
Carbohydrate	
Dietary	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, and Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), FLAMIN' HOT® Seasoning (Sea Minerals [Calcium Carbonate and 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, and Skim Milk).

#### 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
AHG Compliant	Yes – E, M, H
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	17.1 g
Document Updated	1/2/14

I verify the information above is accurate as 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