

Product Name	Popped Crisps Sour Cream & Onion
Flavor Descriptor	Naturally Flavored
NLI Description	sale sample
Brand	EAGLE



Date Created	11/20/13
NLI #	10070
Kosher Status	TBD
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1			
USDA Ounce Equivalents of Meat/Meat Alternate				
	Carbohydrates	Fat	Protein	Free
Diet Exchange	1	1/2		
Whole Grains (g/serving)	16			

Serving Size	1 Pouch				
Serving Size g	22				
Serving Size oz					
Amount Per Serving					
Calories	90				
Calories from Fat	25				
			% Daily Value*		% Daily Value*
Total Fat	2.5	g	4	%	
Saturated Fat	0	g	0	%	
Trans Fat	0	g			
Polyunsaturated Fat	0	g			
Monounsaturated Fat	1	g			
Cholesterol	0	mg	0	%	
Sodium	180	mg	8	%	
Potassium		mg		%	
Total Carbohydrate	16	g	5	%	
Dietary Fiber	1	g	5	%	
Soluble Fiber		g			
Insoluble Fiber		g			
Sugars	1	g			
Sugar Alcohol		g			
Other Carbohydrate		g			
Protein	2	g			
Vitamin A			0	%	
Vitamin C			0	%	
Calcium			0	%	
Iron			2	%	
Vitamin D				%	
Vitamin E				%	
Vitamin K				%	
Thiamin				%	
Riboflavin				%	
Niacin				%	
Vitamin B6				%	
Folic Acid				%	
Vitamin B12				%	
Biotin				%	
Pantothenic Acid				%	
Phosphorus				%	
Iodine				%	
Magnesium				%	
Zinc				%	
Selenium				%	
Copper				%	
Manganese				%	
Chromium				%	
Molybdenum				%	

Ingredients:

LONG GRAIN BROWN RICE FLOUR, WHOLE GRAIN YELLOW CORN MEAL, TAPIOCA STARCH, CANOLA OIL WITH TBHQ FOR FRESHNESS, POTATO STARCH, ONION POWDER, SALT, CONTAINS 2% OR LESS OF SUGAR, SOUR CREAM (CULTURED CREAM, NONFAT DRY MILK), DEXTROSE, BUTTERMILK, NONFAT MILK, SHORTENING POWDER (COCONUT OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, MONO AND DI-GLYCERIDES), SALT, NATURAL FLAVORS, WHEY, MONOGLYCERIDES, CITRIC ACID, LACTIC ACID, SPICE, YEAST EXTRACT, MALIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE, WHOLE WHEAT FLOUR, SOY FLOUR.

ALLERGEN INFORMATION:

CONTAINS MILK, WHEAT AND SOY INGREDIENTS.

Other Required Statements:

*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	Print value if "Y"
Total Fat	Less than	65g	80g	Y
Sat. Fat	Less than	20g	25g	Y
Cholesterol	Less than	300mg	300mg	Y
Sodium	Less than	2,400mg	2,400mg	Y
Potassium		3,500mg	3,500mg	
Total Carbohydrate		300g	375g	Y
Dietary Fiber		25g	30g	Y
Protein		50g	65g	

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Sales sample information. Nutrition information is subject to change.

Julia M. Jursinic, MS
Sr. Director, Nutrition Labeling & Regulatory Compliance
Kellogg Company

Nutrient Contents Per 100g			
Calories	422	Vitamin A	100 IU
Calories from fat	107	Vitamin C	0 mg
Total Fat	11.9 g	Calcium	47.7 mg
Saturated Fat	2.1 g	Iron	1.9 mg
Polyunsaturated Fat	2.2 g	Vitamin D	0 IU
Monounsaturated Fat	5.6 g	Vitamin E	4 IU
Trans Fat	0.1 g	Thiamin	0.36 mg
Cholesterol	2 mg	Riboflavin	0.21 mg
Sodium	816 mg	Niacin	4.9 mg
Potassium	242 mg	Vitamin B6	0.30 mg
Total Carbohydrate	74.0 g	Folic Acid	12 mcg
Dietary Fiber	5.1 g	Vitamin B12	0.0 mcg
Soluble Fiber	0.3 g	Pantothenic Acid	NA mg
Insoluble Fiber	2.5 g	Phosphorus	225 mg
Sugars	5.0 g	Magnesium	98 mg
Sugar Alcohols	NA g	Zinc	1.5 mg
Protein	7.2 g	Copper	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Manganese	NA mg
		Selenium	NA mcg
		Moisture	2.8 %
		Ash	4.1 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
000 30100 10296 0	Case	60 - 0.78 oz	
000 30100 10297 7	Pouch	0.78 oz (22g)	1