



# single serve nutritionals

## original

Nutrition Facts	
Serving Size 1 bag (23g / 19 Chips)	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium 220mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	

**INGREDIENTS:** POTATO INGREDIENTS (POTATO FLAKES, POTATO STARCH), SUNFLOWER, SAFFLOWER, AND/OR CANOLA OIL, SEASONING (SUGAR, WHEY, SALT, ONION AND GARLIC POWDER, TORULIA YEAST, BROWN SUGAR, TOMATO POWDER, YEAST EXTRACT, SPICES, NATURAL FLAVORS, NATURAL SMOKE FLAVOR, CITRIC ACID, PAPRIKA EXTRACT, PAPRIKA), RICE FLOUR.  
**CONTAINS:** MILK.

## barbeque

Nutrition Facts	
Serving Size 1 bag (23g / 18 Chips)	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium 180mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	

**INGREDIENTS:** POTATO INGREDIENTS (POTATO FLAKES, POTATO STARCH, SUNFLOWER, SAFFLOWER, AND/OR CANOLA OIL, SEASONING (SUGAR, WHEY, SALT, ONION AND GARLIC POWDER, TORULIA YEAST, BROWN SUGAR, TOMATO POWDER, YEAST EXTRACT, SPICES, NATURAL FLAVORS, NATURAL SMOKE FLAVOR, CITRIC ACID, PAPRIKA EXTRACT, PAPRIKA), RICE FLOUR.  
**CONTAINS:** MILK.

## sea salt & vinegar

Nutrition Facts	
Serving Size 1 bag (23g / 18 Chips)	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 170mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars <1g	
Protein 1g	

**INGREDIENTS:** POTATO INGREDIENTS (POTATO FLAKES, POTATO STARCH, SUNFLOWER, SAFFLOWER, AND/OR CANOLA OIL, SEASONING (MALTODEXTRIN, SEA SALT, VINEGAR, DRIED CANE SYRUP, RICE FLOUR, TARTARIC ACID, LACTIC ACID, DEHYDRATED POTATOES, AUTOLYZED YEAST EXTRACT, CITRIC ACID, NATURAL FLAVORS), RICE FLOUR.

## jalapeño

Nutrition Facts	
Serving Size 1 bag (23g / 17 Chips)	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0.5g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium 180mg	5%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars <1g	
Protein 1g	

**INGREDIENTS:** POTATO INGREDIENTS (POTATO FLAKES, POTATO STARCH, SUNFLOWER, SAFFLOWER, AND/OR CANOLA OIL, JALAPEÑO SEASONING (DEHYDRATED VEGETABLES (GREEN BELL PEPPER, PARSLEY, GARLIC, ONION, GREEN ONION), SALT, SUGAR, MALTODEXTRIN, RICE FLOUR, CITRIC ACID, JALAPEÑO PEPPER, YEAST EXTRACT, TORULIA YEAST, SPICE, NATURAL FLAVOR), RICE FLOUR, JALAPEÑO PEPPER EXTRACT.

## salt & pepper

Nutrition Facts	
Serving Size 1 bag (23g / 18 Chips)	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium 220mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars <1g	
Protein 1g	

**INGREDIENTS:** POTATO INGREDIENTS (POTATO FLAKES, POTATO STARCH, SUNFLOWER, SAFFLOWER, AND/OR CANOLA OIL, SEASONING (NATURAL FLAVORS (INCLUDING POTATO FLOUR, YEAST EXTRACT, MALTODEXTRIN, OLIVE OIL, RICE FLOUR, SALT, SPICES AND SPICE EXTRACT, ONION AND GARLIC POWDER, DRIED CANE SYRUP, CITRIC ACID), RICE FLOUR, BLACK PEPPER EXTRACT.

## parmesan garlic

Nutrition Facts	
Serving Size 1 bag (23g / 18 Chips)	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 180mg	5%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars <1g	
Protein 2g	

**INGREDIENTS:** POTATO INGREDIENTS (POTATO FLAKES, POTATO STARCH, SUNFLOWER, SAFFLOWER, AND/OR CANOLA OIL, SEASONING (MALTODEXTRIN, WHEY, SALT, DEXTROSE, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), NATURAL FLAVORS, GARLIC POWDER, PARSLEY, YEAST EXTRACT, CITRIC ACID, LACTIC ACID, RICE FLOUR.  
**CONTAINS:** MILK.

## chili lime

Nutrition Facts	
Serving Size 1 bag (23g / 17 Chips)	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Potassium 200mg	6%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	

**INGREDIENTS:** POTATO INGREDIENTS (POTATO FLAKES, POTATO STARCH, CHILI LIME SEASONING (TOMATO POWDER, MALTODEXTRIN, ONION AND GARLIC POWDER, SALT, SPICES (INCLUDING CHILI AND JALAPEÑO PEPPERS, PARSLEY, CITRIC ACID, MALIC ACID, WHITE DISTILLED VINEGAR, LIME JUICE POWDER) (COGN SYRUP, LIME JUICE, LIME OIL), NATURAL FLAVORS, SPICE EXTRACT), SUNFLOWER, SAFFLOWER, AND/OR CANOLA OIL, RICE FLOUR.

## cheddar

Nutrition Facts	
Serving Size 1 bag (23g / 18 Chips)	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polysaturated Fat 0.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 220mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	

**INGREDIENTS:** POTATO INGREDIENTS (POTATO FLAKES, POTATO STARCH, SUNFLOWER, SAFFLOWER, AND/OR CANOLA OIL, SEASONING (WHEY, SALT, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), MALTODEXTRIN, YEAST EXTRACT, NATURAL FLAVORS, BUTTERMILK, CREAM, LACTIC ACID, BUTTER (CREAM, SALT), ISOQUINOLINE, TURMERIC EXTRACT, ANNATTO EXTRACT, ONION POWDER, SODIUM CITRATE, XANTHAN GUM, CITRIC ACID, RICE FLOUR.  
**CONTAINS:** MILK.

## sour cream & onion

Nutrition Facts	
Serving Size 1 bag (23g / 18 Chips)	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium 210mg	6%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	

**INGREDIENTS:** POTATO INGREDIENTS (POTATO FLAKES, POTATO STARCH, SUNFLOWER, SAFFLOWER, AND/OR CANOLA OIL, SEASONING (LACTOSE, SALT, BUTTERMILK POWDER, ONION POWDER, SOUR CREAM SOLIDS (CREAM, NONFAT MILK CULTURES), SUGAR, CORN MALTODEXTRIN, GARLIC POWDER, LACTIC ACID, SODIUM CASEINATE, WHEY, SPICE, CITRIC ACID, MALIC ACID, NATURAL FLAVOR), RICE FLOUR.  
**CONTAINS:** MILK.

## sweet potato

Nutrition Facts	
Serving Size 1 bag (23g / 19 Chips)	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Potassium 45mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 1g	

**INGREDIENTS:** RICE FLOUR, SWEET POTATO FLAKES, TAPIOCA STARCH, SUNFLOWER, SAFFLOWER, AND/OR CANOLA OIL, ORGANIC YELLOW CORN FLOUR, SEASONING (SEA SALT, DRIED CANE SYRUP, MALTODEXTRIN, SWEET POTATO POWDER, NATURAL FLAVOR, CITRIC ACID), SUGAR, ANNATTO (NATURAL COLOR).