INGREDIENTS: Enriched Corn Meal (Corn Meal, Thiamin Mononitrate, Riboflavin, Niacin, Ferrous Sulfate, and Folic Acid), Vegetable Oil (Contains One or More of the Following: Corn, Soybean, or Sunflower Oil), Potato Flakes, Salt, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Whey, Modified Food Starch, Buttermilk Solids, Tomato Powder, Monosodium Glutamate, Romano Cheese from Cow's Milk (Cultured Part Skim Milk, Salt, Enzymes), Whey Protein Concentrate, Partially Hydrogenated Soybean and Cottonseed Oil, Onion Powder, Artificial Colors (Including Red 40 Lake, Yellow 6 Lake, Yellow 6), Disodium Phosphate, Natural Flavors, Garlic Powder, Lactic Acid, Sugar, Citric Acid, Disodium Inosinate, and Disodium

Nutrition Facts

Serving Size 1 oz. (28g/About 33 pieces)
Servings Per Container 4

Amount Per Serving

Calories 150	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1.5g	**9%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 270mg	**11%**
Total Carbohydrate 17g	**6%**
Dietary Fiber less than 1g	**1%**
Sugars less than 1g	
Protein 2g	

Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
Thiamin 4%	• Riboflavin 4%
Niacin 4%	• Vitamin B_6 2%
Phosphorus 2%	

* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

What is the serving size?

How many servings per container?

How many calories per serving?

How many carbohydrates?

Is there many vitamins and minerals?