

# NUTRITIONAL FACTS

FRANKIE'S

4-oz Bags of Cloud Puff Snacks

White Cheddar

## Nutrition Facts

About 4 servings per container

Serving Size 1 1/2 Cup (30g)

Amount per serving

**Calories 150**

% Daily Value\*

**Total Fat** 8 g **10%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

**Cholesterol** < 5 mg **1%**

**Sodium** 190 mg **8%**

**Total Carbohydrate** 17 g **6%**

Dietary Fibre < 1 g **2%**

Total Sugars 2 g

Includes 0 g Added Sugars **0%**

**Protein** 0 g

Vit. D 0mcg 0% • Calcium 40mg 4%

Iron 0.5mg 2% • Potas. 30mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** PUFF (ORGANIC CORNMEAL, ORGANIC BROWN RICE FLOUR, ORGANIC SPROUTED WHITE QUINOA FLOUR, ORGANIC SPROUTED BROWN RICE FLOUR), ORGANIC HIGH OLEIC SUNFLOWER OIL, WHITE CHEDDAR CHEESE SEASONING (ORGANIC CHEDDAR CHEESE [(ORGANIC MILK, CULTURES, SALT, ENZYMES), DISODIUM PHOSPHATE], ORGANIC WHEY POWDER, ORGANIC BUTTERMILK POWDER, SEA SALT, NATURAL FLAVOUR, ORGANIC SKIM MILK POWDER).

ALLERGEN: MILK

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## BBQ

<b>Nutrition Facts</b>	
About 4 servings per container	
<b>Serving Size</b>	1 1/2 Cup (30g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9 g	<b>12%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 190 mg	<b>8%</b>
<b>Total Carbohydrate</b> 17 g	<b>6%</b>
Dietary Fibre < 1 g	<b>2%</b>
Total Sugars 1 g	
Includes 1 g Added Sugars	<b>2%</b>
<b>Protein</b> 1 g	
Vit. D 0mcg 0% • Calcium 3mg 0%	
Iron 0.5mg 2% • Potas. 30mg 0%	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

### Ingredients:

puff (organic cornmeal, organic brown rice flour, organic sprouted white quinoa flour, organic sprouted brown rice flour), organic high oleic sunflower oil, bbq seasoning (organic maltodextrin, , organic raw cane sugar, sea salt, organic dextrose, organic molasses powder (organic molasses, organic maltodextrin), organic onion powder, organic spices, natural extractives of paprika, organic tomato powder, organic garlic powder, organic paprika, yeast extract, natural smoke flavour, organic ground mustard). allergen: mustard

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## Jalapeno

<b>Nutrition Facts</b>	
About 4 servings per container	
<b>Serving Size</b>	<b>1 1/2 Cup (30g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9 g	<b>11%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 210 mg	<b>9%</b>
<b>Total Carbohydrate</b> 17 g	<b>6%</b>
Dietary Fibre < 1 g	<b>3%</b>
Total Sugars < 1 g	
Includes < 1 g Added Sugars	<b>1%</b>
<b>Protein</b> 1 g	
Vit. D 0mcg 0% • Calcium 21mg 2%	
Iron 0.5mg 2% • Potas. 35mg 0%	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

### Ingredients

puff (organic cornmeal, organic brown rice flour, organic sprouted white quinoa flour, organic sprouted brown rice flour), organic high oleic sunflower oil jalapeno seasoning (organic tapioca maltodextrin, organic cane sugar, sea salt, organic jalapeno pepper powder, organic onion powder, organic garlic powder, citric acid, organic dehydrated parsley, organic yeast extract, organic spice)