

NUTRITIONAL FACTS

TASTE OF BLIGHTY

Cheese & Onion Bites

Nutrition Facts	
4 servings per container	
Serving size	1 piece (59g)
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 190mg	8%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 1.08mg	6%
Potassium 94mg	2%
<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 Pastry (Unbleached Enriched Wheat Flour, Vitamin B3, Reduced Iron, Vitamin B1, Vitamin B2, Folic Acid), Water, Vegetable Oils (Palm, Soybean Oil, Hydrogenated Cottonseed), Cheddar Cheese (Cultures, Pasteurized Milk, Annatto, Salt, Protein), Onion, Non Fat Milk, Potato, Onion, Flour (Wheat, Bepio, Amylase, Vitamin C, Vitamin B3, Iron, Vitamin B1, Vitamin B2, Folic Acid), Egg, Pepper, Mustard (Mustard Flour), Salt

Contains: Milk, Egg, Wheat, Soy