

# NUTRITIONAL FACTS

PARMCRISPS

## 1.75-oz Bags of Cheese Crisps Variety Pack

### Cheddar

<b>Nutrition Facts</b>		
About 2 servings per container		
Serving size 1 ounce (28g/about 19 chips)		
	per serving	per container
<b>Calories</b>	<b>160</b>	<b>280</b>
	% DV*	% DV
<b>Total Fat</b>	12g 15%	21g 27%
Saturated Fat	8g 38%	14g 68%
Trans Fat	0g	0g
<b>Cholesterol</b>	40mg 13%	70mg 22%
<b>Sodium</b>	310mg 13%	550mg 24%
<b>Total Carbohydrate</b>	3g 1%	5g 2%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	0g	0g
Incl. Added Sugars	0g 0%	0g 0%
<b>Protein</b>	10g 20%	18g 36%
<b>Vitamin D</b>	0mcg 0%	0mcg 0%
<b>Calcium</b>	300mg 25%	530mg 40%
<b>Iron</b>	0mg 0%	0mg 0%
<b>Potassium</b>	50mg 0%	80mg 2%

\*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: Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto), Aged Parmesan Cheese (Cultured Milk, Salt, Enzymes), Asiago Cheese (Cultured Milk, Salt, Enzymes), Cassava Flour.

CONTAINS: MILK

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Original

<b>Nutrition Facts</b>			
About 2 servings per container			
Serving size 1 ounce (28g/about 19 chips)			
	per serving		per container
<b>Calories</b>	<b>160</b>		<b>280</b>
	% DV*		% DV
<b>Total Fat</b>	11g 14%		19g 24%
Saturated Fat	7g 37%		13g 65%
Trans Fat	0g		0g
<b>Cholesterol</b>	35mg 12%		60mg 20%
<b>Sodium</b>	370mg 16%		640mg 28%
<b>Total Carbohydrate</b>	1g 1%		2g 1%
Dietary Fiber	0g 0%		0g 0%
Total Sugars	0g		0g
Incl. Added Sugars	0g 0%		0g 0%
<b>Protein</b>	13g 27%		24g 48%
Vitamin D	0mcg 0%		0mcg 0%
Calcium	380mg 30%		670mg 50%
Iron	0mg 0%		0mg 0%
Potassium	50mg 0%		80mg 2%

\*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: Aged Parmesan Cheese (Cultured Milk, Salt, Enzymes)

CONTAINS: MILK

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## Pizza

<b>Nutrition Facts</b>		
About 2 servings per container		
Serving size 1 ounce (28g/about 19 chips)		
	per serving	per container
<b>Calories</b>	<b>160</b>	<b>290</b>
	% DV*	% DV
<b>Total Fat</b>	11g 14%	20g 25%
Saturated Fat	7g 36%	13g 64%
Trans Fat	0g	0g
<b>Cholesterol</b>	30mg 11%	60mg 19%
<b>Sodium</b>	380mg 17%	670mg 28%
<b>Total Carbohydrate</b>	3g 1%	6g 2%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	0g	0g
Incl. Added Sugars	0g 0%	0g 0%
<b>Protein</b>	13g 27%	24g 48%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	380mg 30%	660mg 50%
Iron	0mg 0%	0mg 0%
Potassium	80mg 2%	140mg 2%

\*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: Aged Parmesan Cheese (Cultured Milk, Salt, Enzymes), Pizza Seasoning (maltodextrin, tomato powder, onion powder, salt, garlic powder, spices, natural flavors, lactic acid, citric acid and less than 2% sunflower oil and silicon dioxide), Quinoa Flour, Italian Seasoning Blend (onion, basil, garlic, oregano, shallots, bell pepper, rosemary, marjoram, red pepper, sage)

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## Sour Cream & Onion

<b>Nutrition Facts</b>				
About 2 servings per container				
Serving size 1 ounce (28g/about 19 chips)				
	per serving		per container	
<b>Calories</b>	<b>160</b>		<b>280</b>	
	% DV*		% DV	
<b>Total Fat</b>	11g	14%	19g	24%
Saturated Fat	7g	37%	13g	65%
Trans Fat	0g		0g	
<b>Cholesterol</b>	35mg	12%	60mg	20%
<b>Sodium</b>	370mg	16%	640mg	28%
<b>Total Carbohydrate</b>	1g	1%	2g	1%
Dietary Fiber	0g	0%	0g	0%
Total Sugars	0g		0g	
Incl. Added Sugars	0g	0%	0g	0%
<b>Protein</b>	13g	27%	24g	48%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	380mg	30%	670mg	50%
Iron	0mg	0%	0mg	0%
Potassium	50mg	0%	80mg	2%

\*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: Aged Parmesan Cheese (Cultured Milk, Salt, Enzymes), Onion, Seasoning (Onion Powder, Sour Cream (Cream, Nonfat Milk, Cultures), Cultured Nonfat Milk, Cream, Citric Acid, Spices, Lactic Acid, Sugar, Nonfat Milk, Butter (Cream, Salt)).

CONTAINS: MILK