

Nutrition Facts	
Serving size	(28g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Not a significant source of vitamin D, calcium, iron, and potassium	
*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:

DRIED POTATO, RICE FLOUR, SUNFLOWER AND / OR SAFFLOWER OIL, SEASONING (WHEY, ONION POWDER, SALT, SUGAR, SOUR CREAM POWDER[CREAM, NONFAT DRY MILK, CULTURES], GARLIC POWDER, YEAST EXTRACT, CITRIC ACID, DEHYDRATED PARSLEY, MALTODEXTRIN, NATURAL FLAVORS, WHEY PROTEIN CONCENTRATE, WHEY SOLIDS, CREAM, MILK FAT, NONFAT DRY MILK, SKIM MILK SOLIDS), POTATO STARCH.

CONTAINS: MILK