

Nutrition Facts

Serving size 1 package

Amount per serving

Calories 230

% Daily Value*

Total Fat 13g 17%

Saturated Fat 3.5g 18%

Trans Fat 0g

Polyunsaturated Fat 6g

Monounsaturated Fat 2.5g

Cholesterol 0mg 0%

Sodium 400mg 17%

Total Carbohydrate 24g 9%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 2g Added Sugars 4%

Protein 3g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.5mg 2%

Potassium 490mg 10%

* 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: POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, COTTONSEED, SUNFLOWER), SEASONING (WHEY, NONFAT DRY MILK, DEXTROSE, MALTODEXTRIN, BUTTERMILK SOLIDS, SALT, DEHYDRATED ONION, SUGAR, BUTTER [CREAM, SALT], SOUR CREAM [CREAM, NONFAT MILK, CULTURES], MONOSODIUM GLUTAMATE, CORN SYRUP SOLIDS, CITRIC ACID, PARSLEY, ARTIFICIAL FLAVOR, MALIC ACID, SODIUM DIACETATE, LACTOSE), SALT.

CONTAINS MILK.