

Nutrition Facts	
Serving size	(35g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 340mg	15%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0mg	0%
Potassium 94mg	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:

CORNMEAL, RICE FLOUR, SUNFLOWER OIL AND/OR CANOLA OIL AND/OR CORN OIL, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), WHEY, BUTTERMILK, SALT, NATURAL FLAVOR, SEA SALT, CITRIC ACID (FOR FLAVOR), BLACK PEPPER, LACTIC ACID (FOR FLAVOR).

Contains: Milk