

Nutrition Facts	
Serving size	(28g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 26mg	2%
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