



RF Cheetos® Flamin' Hot Puffs – .7 oz. (19.8 g.)

Nutrition Facts	
Serving Size	1 package
Servings Per Container	1
Amount Per Serving	
Calories	90
Calories from Fat	30
	%Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber less than 1g	4%
Sugars less than 1g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	8%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total	300g 375g
Carbohydrate	
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

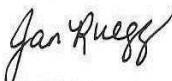
Ingredients:

Whole Cornmeal, Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), FLAMIN' HOT® Seasoning (Sea Minerals [Calcium Carbonate, Magnesium Carbonate], Salt, Sugar, Monosodium Glutamate, Yeast Extract, Citric Acid, Artificial Color [Red 40 Lake, Yellow 6 Lake, Yellow 6, Yellow 5], Hydrolyzed Corn Protein, Onion Powder, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Sunflower Oil, Whey, Maltodextrin [Made From Corn], Whey Protein Concentrate, Garlic Powder, Buttermilk, Natural Flavors, Sodium Diacetate, Lactic Acid, Disodium Inosinate, Disodium Guanylate, Skim Milk), and Artificial Color (Red 40, Yellow 6).

CONTAINS MILK INGREDIENTS.

Case UPC	000-28400-21912-9
Bag UPC	0-28400-19048-0
Case Pack	72/.7 oz. bags
Kosher Status	Not Kosher
USDA Smart Snack Compliant	Yes – whole grain first ingredient
Grain oz. eq.	1 oz. eq.
Weight of Grain	17.1 g
Document Updated	1/15

I verify the information above is accurate as 1/2/15.



Jan Ruegg
PepsiCo Foodservice/Vend
Nutrition Science

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Plano, TX 75023-4099



All products are accurately labeled with the most current information however, since the ingredients are subject to change at any time, we recommend you check the label on the specific product for the most current and accurate information



**Smart Snacks
Product Calculator
Results**

Brand:
Cheetos(r)

Product Name:
Reduced Fat Flamin' Hot Puffs

Serving Size:
19.84 g

First Ingredient:
Whole Cornmeal

• Your whole grain product meets all nutrient standards.

Nutrition Facts

Serving Size 19.84 g ⓘ

Amount Per Serving

Calories 90 Calories from Fat 30

Total Fat (g) 3.5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 135

Carbohydrates

Sugars (g) 1

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

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FOUNDED BY:

