

Kettle Brand® Potato Chips

Sour Cream & Onion

Ingredients: Potatoes, vegetable oil (safflower and/or sunflower oil), yogurt powder (whey, nonfat milk), nonfat dry milk, salt, dried onion, dried cane syrup, dried sour cream (cultured cream, nonfat milk), dried parsley, dried garlic, turmeric, lactic acid, citric acid.

Nutrition Facts	
Serving Size 1oz about 13 chips (28g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 7g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Potassium 400mg	11%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 10%
Calcium 2%	• Iron 2%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	