

Kettle Brand® Potato Chips

Yogurt Green Onion

Ingredients: Potatoes, safflower and/or sunflower oil, yogurt powder (whey), nonfat dry milk, salt, dehydrated onion and garlic, sugar, sour cream solids (cultured cream), dehydrated parsley, 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 15% |
| 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 | |