Medifast Chili Nacho Cheese Puffs

Naturally Flavored

67245

Nutrition Facts

Serving Size 1 packet (32 g)
Servings Per Container 7

Amount Per Serving

Calories 110	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 360mg	**15%**
Potassium 560mg	**16%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 11g	**22%**

Vitamin A 20%	•	Vitamin C 20%
Calcium 25%	•	Iron 25%
Vitamin D 20%	•	Vitamin E 20%
Vitamin K 20%	•	Thiamin 20%
Riboflavin 20%	•	Niacin 20%
Vitamin B6 20%	•	Folate 20%
Vitamin B12 20%	•	Biotin 20%
Pantothenic Acid 20%	•	Phosphorus 25%
Iodine 20%	•	Magnesium 20%
Zinc 20%	•	Selenium 20%
Copper 20%	•	Manganese 20%
Chromium 20%	•	Molybdenum 20%

*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
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Soy protein isolate, tapioca starch, corn flour, pea fiber, soybean oil, whey, dextrin, cheddar cheese (cultured milk, salt, enzymes), salt, maltodextrin, onion powder, chili pepper, garlic powder, buttermilk solids, spice, torula yeast, natural flavor, lactic acid, jalapeno pepper, yeast extract, paprika extract (flavor and color), turmeric extractives (spice and color), potato starch, corn starch, guar gum.

Vitamins and Minerals: Calcium phosphate, potassium phosphate, magnesium oxide, potassium chloride, ascorbic acid, vitamin E acetate, niacinamide, zinc oxide, reduced iron, calcium pantothenate, manganese sulfate, copper sulfate, thiamin mononitrate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, chromium chloride, folic acid, biotin, potassium iodide, sodium molybdate, sodium selenite, vitamin K1, vitamin D3, vitamin B12.

CONTAINS: SOY AND MILK.

Product information may change over time. Therefore, the ingredient label on the package is always the best source for that specific item.