



Zesty Cheddar and Italian Herb Crunchers

Naturally Flavored

78030

Nutrition Facts	
Serving Size 1 bag (29 g)	
Servings Per Container 7	
Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Potassium 670mg	19%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 11g	20%
Vitamin A 20%	• Vitamin C 20%
Calcium 20%	• Iron 20%
Vitamin D 50%	• 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 20%
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 concentrate, tapioca starch, soy protein isolate, navy bean powder, soybean oil, whey, maltodextrin, dextrin, salt, dextrose, tomato powder, garlic powder, natural flavors, spices, cheddar cheese (pasteurized milk, culture, salt, enzymes), onion powder, torula yeast, sugar, buttermilk, yeast extract, sweet cream, malic acid, probiotic (organic inulin, Bacillus coagulans GBI-30 6086), citric acid, extractives of paprika (color), lactic acid, potato starch, corn starch, guar gum, pectin.

Vitamins and Minerals: Calcium phosphate, dipotassium phosphate, magnesium oxide, ascorbic acid (vitamin C), potassium chloride, vitamin E acetate, vitamin A palmitate, thiamine mononitrate (vitamin B1), biotin, niacinamide (vitamin B3), zinc oxide, reduced iron, calcium pantothenate (vitamin B5), cholecalciferol (vitamin D3), phylloquinone (vitamin K1), manganese sulfate, copper sulfate anhydrous, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), potassium iodine, sodium selenite, cyanocobalamin (vitamin B12), chromium chloride, folic acid, sodium molybdate.

CONTAINS: MILK, SOY

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