



# Nutritional Information

Description	Serving Size	Calories	Calories from Fat		Total Fat		Sat. Fat		Trans Fat	Cholesterol		Sodium		Total Carb		Dietary Fiber		Sugars	Protein	Vit A	Vit C	Calcium	Iron
			grams	%dv	grams	%dv	grams	%dv		mg	%dv	mg	%dv	grams	%dv	grams	%dv						
<b>Potato Chips</b>																							
Original Potato Chips	1 oz (28g/about 19 chips)	150	110	12	18%	1.5	8%	2.5	0	0%	150	6%	10	3%	<1	3%	0	1	0%	15%	0%	2%	
Crinkle Cut Potato Chips	1 oz (28g/about 19 chips)	150	110	12	18%	1.5	8%	2.5	0	0%	150	6%	10	3%	<1	3%	0	1	0%	15%	0%	2%	
Wavy Potato Chips	1 oz (28g/about 22 chips)	160	90	10	15%	1.5	8%	0	0	0%	150	6%	15	5%	<1	3%	0	2	0%	6%	0%	4%	
Bar-B-Q Flavored Potato Chips	1 oz (28g/about 22 chips)	140	100	11	17%	1.5	8%	0	0	0%	400	17%	10	3%	<1	3%	3	1	0%	20%	0%	0%	
Mesquite Bar-B-Q Flavored Thin Cut Potato Chips	1 oz (28g/about 22 chips)	130	90	10	17%	1.5	8%	0	0	0%	360	17%	9	3%	<1	3%	3	1	0%	20%	0%	0%	
Hot Flavored Potato Chips	1 bag (24.8g)	150	80	9	13%	2.5	12%	2.5	0	0%	430	18%	10	3%	<1	3%	2	1	0%	10%	0%	0%	
Salt & Vinegar Flavored Potato Chips	1 oz (28g/about 18 chips)	130	90	10	17%	1.5	8%	0	0	0%	310	15%	9	3%	<1	6%	2	<1	0%	15%	0%	2%	
Sour Cream & Onion Flavored Potato Chips	1 oz (28g/about 15 chips)	140	100	11	19%	1.5	9%	0	0	0%	230	11%	9	3%	<1	4%	<1	1	0%	15%	0%	2%	
Green Onion & Roasted Garlic Flavored Potato Chips	1 oz (28g/about 19 chips)	140	70	7	11%	1.5	8%	2	0	0%	220	9%	17	6%	1	4%	1	2	0%	20%	0%	2%	
<b>Kettle Cooked Potato Chips</b>																							
Kettle Cooked Original Potato Chips	1 oz (28g/about 13 chips)	150	80	9	14%	2.5	13%	0	0	0%	170	7%	15	5%	1	4%	0	2	0%	8%	0%	2%	
Kettle Cooked Jalapeno Flavor Potato Chips	1 bag (24g)	130	60	7	11%	2	10%	0	0	0%	180	8%	14	5%	1	4%	0	2	0%	8%	0%	2%	
Kettle Cooked Mesquite BBQ Flavor Potato Chips	1 oz (28g/about 12 chips)	140	70	8	12%	2	10%	0	0	0%	170	7%	16	5%	1	4%	2	2	0%	8%	0%	2%	
Kettle Cooked Green Onion & Roasted Garlic Flavor Potato Chips	1 oz (28g/about 12 chips)	140	70	7	11%	1	5%	0	0	0%	115	5%	17	6%	1	4%	0	2	0%	20%	0%	4%	
Kettle Cooked Salt & Cracked Pepper Flavor Potato Chips	1 oz (28g/about 12 chips)	140	60	7	11%	1	5%	0	0	0%	430	18%	17	6%	1	4%	0	2	0%	20%	0%	4%	
Kettle Cooked Steak & Onion Flavor Potato Chips	1 oz (28g/about 12 chips)	140	60	7	11%	1	5%	0	0	0%	430	18%	17	6%	1	4%	0	2	0%	20%	0%	4%	
<b>Popcorn/Corn Snacks</b>																							
Cheese Flavored Popcorn	2-2/3 cup (31g)	180	120	14	21%	2	10%	0	<5	1%	300	13%	11	4%	2	7%	2	2	0%	0%	0%	2%	
Premium White Cheddar Cheese Popcorn	2 cups (29g)	170	120	14	21%	2.5	13%	4.6	5	2%	350	14%	8	3%	2	9%	1	2	4%	0%	4%	2%	
Cheese Flavored Corn Twistees	1 bag (25g)	150	100	11	17%	1.5	9%	0	0	0%	210	9%	11	4%	0	0%	2	1	0%	0%	0%	0%	
Cheese Flavored Puffs	25 Puffs (30g)	140	80	9	14%	2	9%	0	<5	1%	170	7%	13	4%	0	0%	2	1	0%	0%	0%	0%	
Corn Puff Curls	2-2/3 cup (30g)	210	170	19	29%	2.5	13%	0	0	0%	105	4%	9	3%	0	0%	0	<1	60%	0%	0%	2%	
<b>Tortilla Chips</b>																							
Troyer Farms Deli Style Tortilla Chips	16 Tortillas (31g)	130	60	7	11%	1	5%	0	0	0%	140	6%	15	5%	1	4%	0	1	0%	0%	0%	0%	
Troyer Farms Lightly Salted Round Tortilla Chips	18 Tortillas (31g)	180	70	7	11%	1	5%	0	0	0%	90	4%	15	5%	<1	4%	0	2	0%	0%	0%	0%	
Troyer Farms White Corn Restaurant Style Tortilla Chips	6 Tortillas (30g)	130	60	7	11%	1	5%	0	0	0%	90	4%	14	5%	<1	4%	0	2	0%	0%	0%	0%	
Troyer Farms Nacho Cheese Flavored Tortilla Chips	17 Tortillas (31g)	140	80	9	14%	1.5	7%	0	<5	1%	320	13%	14	5%	<1	3%	2	1	0%	0%	0%	0%	