

4.5oz • cucumber dill
baked lentil chips



Nutrition Facts

Serving Size 1 oz (28g) about 22 chips
Servings Per Container 4.5

Amount Per Serving

Calories 110 Calories from Fat 20

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 210mg 9%

Total Carbohydrate 19g 6%

Dietary Fiber 3g 12%

Sugars 1g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 10%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



INGREDIENTS: BEAN FLOUR (LENTIL, GARBANZO & ADZUKI BEANS), POTATO AND/OR PEA STARCH, POTATO FIBER, VEGETABLE OIL (HIGH OLEIC SUNFLOWER OIL AND/OR HIGH OLEIC SAFFLOWER OIL, AND/OR NON GMO EXPELLER PRESSED CANOLA OIL), SEASONING (WHEY, SALT, LACTOSE, CUCUMBER POWDER, BUTTERMILK SOLIDS, ONION AND GARLIC POWDER, SUGAR, SPICES, NATURAL FLAVORS (CONTAINS MILK), LACTIC ACID, SPICE EXTRACT), POTASSIUM CHLORIDE.

CONTAINS: DAIRY

ALLERGEN INFORMATION: MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PRODUCTS CONTAINING SOY.

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