

4.5oz • parmesan garlic
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 30

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 19g 6%

Dietary Fiber 3g 12%

Sugars 2g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • 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
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 POWDER (MILK), CORN MALTODEXTRIN, CHEDDAR CHEESE SOLIDS (PASTEURIZED MILK, BACTERIAL CULTURE, SALT, ENZYMES), SUGAR, SALT, GARLIC POWDER, DRY BUTTERMILK, ENZYME MODIFIED PARMESAN CHEESE (PASTEURIZED MILK, BACTERIAL CULTURE, SALT, ENZYMES), ONION POWDER, NATURAL FLAVOR, CITRIC ACID, PARSLEY, DISODIUM PHOSPHATE, LACTIC ACID, CALCIUM LACTATE) POTASSIUM CHLORIDE.

CONTAINS: DAIRY

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

THE MEDITERRANEAN SNACK FOOD COMPANY
info@mediterraneansnackfoods.com

Become a Fan on Facebook:
Mediterranean Snacks