

4oz • aged white cheddar clouds puffed snacks



Nutrition Facts

Serving Size 1 oz (28g) about 75 Puffs
Servings Per Container About 4

Amount Per Serving

Calories 130 Calories from Fat 50

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 20g **7%**

Dietary Fiber less than 1g **2%**

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 0%

* 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: CORN MEAL, RICE FLOUR, CANOLA OIL, AGED WHITE CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), WHEY, BUTTERMILK, SALT, MALTODEXTRIN, CITRIC ACID.

CONTAINS: MILK INGREDIENTS

ALLERGEN INFORMATION: CONTAINS MILK INGREDIENTS. GOOD MANUFACTURING PRACTICES USED TO SEGREGATE INGREDIENTS IN A FACILITY THAT ALSO PROCESSES PEANUT, TREE NUT, WHEAT AND SOY INGREDIENTS.

THE MEDITERRANEAN SNACK FOOD COMPANY
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