

Veggie Medley Crisps

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings Per Container: about 12	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290 mg	12%
Total Carbohydrate 18 g	6%
Dietary Fiber 1g	4%
Sugars 0 g	
Protein 1 g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• 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: Whole potato flour, canola oil, tomato puree, spinach and beet powders, turmeric, sea salt.

**Allergens: None Present