Nutrition Labels for LS2 – 6.3 Combustion experiment.

Cheetos

QUESTIONS OR COMMENTS?
1-800-352-4477
GUARANTEED FRESH
Until printed date or this snack's on us.
Mon-Fri 9:00am to 4:30pm CT / email or chat at fritolay.com

Nutrition Facts

About 9 servings per container
Serving size **About 21 pieces (28g)**

Amount per serving	
Calories	**170**
	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 260mg	**11%**
Total Carbohydrate 15g	**5%**
Dietary Fiber less than 1g	**3%**
Total Sugars 0g	
Protein 1g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	2%
Potassium 36mg	0%

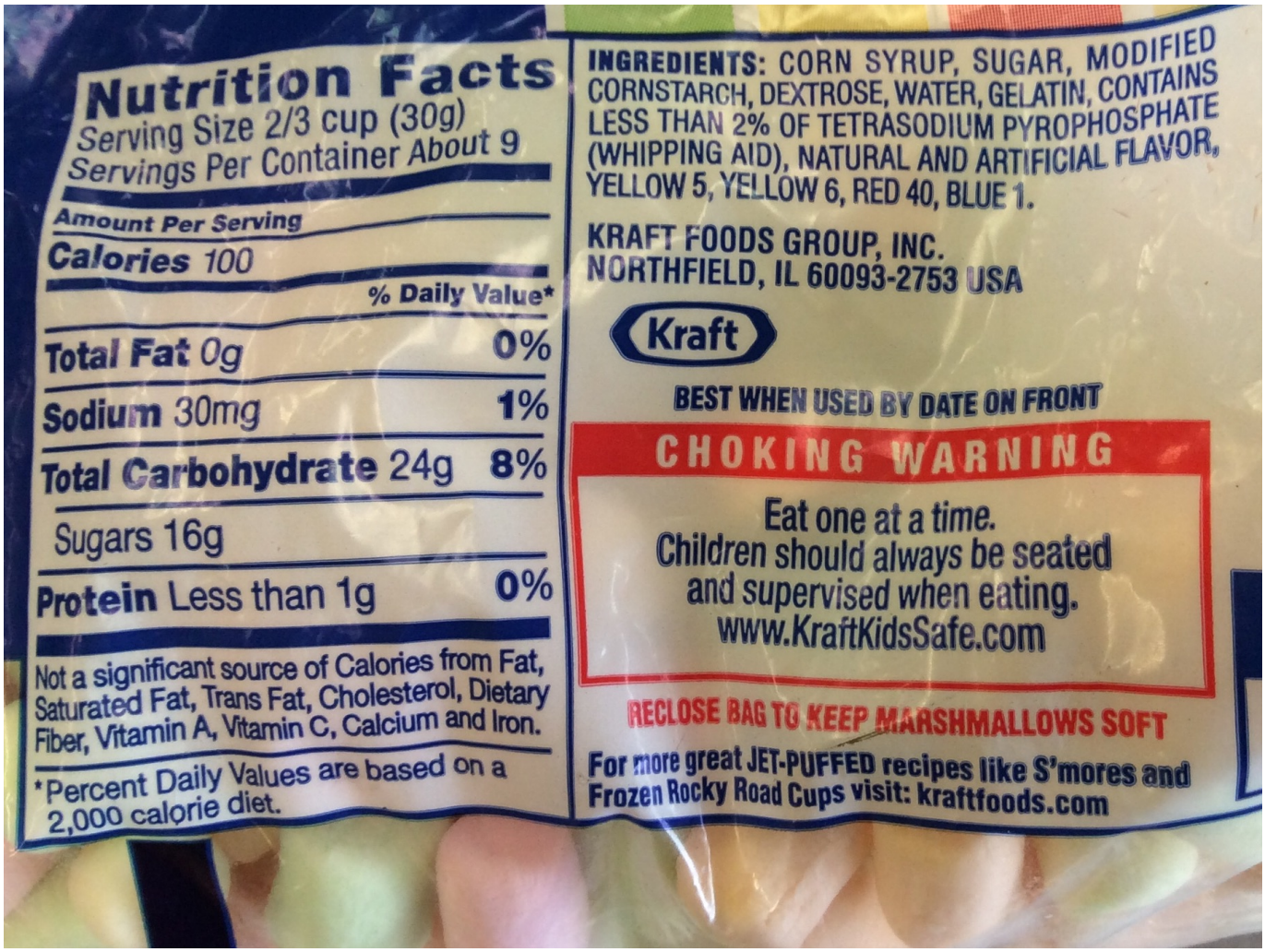
Not a significant source of added sugars.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Canola and/or Sunflower Oil), FLAMIN' HOT Limon Seasoning (Salt, Sugar, Monosodium Glutamate, Yeast Extract, Citric Acid, Artificial Color [Red 40 Lake, Yellow 6 Lake, Yellow 6, Yellow 5], Corn Syrup Solids, Hydrolyzed Corn Protein, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Sunflower Oil, Onion Powder, Whey, Lime Juice, Maltodextrin [Made From Corn], Whey Protein Concentrate, Garlic Powder, Natural Flavor, Buttermilk, Sodium Diacetate, Disodium Inosinate, and Disodium Guanylate).
CONTAINS MILK INGREDIENTS.

FRITO-LAY, INC.

Marshmallows



Nutrition Facts
Serving Size 2/3 cup (30g)
Servings Per Container About 9

Amount Per Serving	% Daily Value*
Calories 100	
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 24g	8%
Sugars 16g	
Protein Less than 1g	0%

Not a significant source of Calories from Fat, Saturated Fat, Trans Fat, Cholesterol, Dietary Fiber, Vitamin A, Vitamin C, Calcium and Iron.

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: CORN SYRUP, SUGAR, MODIFIED CORNSTARCH, DEXTROSE, WATER, GELATIN, CONTAINS LESS THAN 2% OF TETRASODIUM PYROPHOSPHATE (WHIPPING AID), NATURAL AND ARTIFICIAL FLAVOR, YELLOW 5, YELLOW 6, RED 40, BLUE 1.

KRAFT FOODS GROUP, INC.
NORTHFIELD, IL 60093-2753 USA

Kraft

BEST WHEN USED BY DATE ON FRONT

CHOKING WARNING

Eat one at a time.
Children should always be seated and supervised when eating.
www.KraftKidsSafe.com

RECLOSE BAG TO KEEP MARSHMALLOWS SOFT

For more great JET-PUFFED recipes like S'mores and Frozen Rocky Road Cups visit: kraftfoods.com

Nutrition Facts

Serving Size ¾ cup (28g)
Servings Per Container about 17

Amount Per Serving	Honey Nut Cheerios	with ½ cup skim milk
Calories	110	150
Calories from Fat	15	15
	% Daily Value**	
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 160mg	7%	9%
Potassium 115mg	3%	9%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	8%	8%
Soluble Fiber less than 1g		
Sugars 9g		
Other Carbohydrate 11g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	50%	50%
Vitamin B_{12}	25%	35%
Phosphorus	8%	20%
Magnesium	6%	10%
Zinc	25%	30%

* Amount in cereal. A serving of cereal plus skim milk provides 1.5g total fat, less than 5mg cholesterol, 220mg sodium, 320mg potassium, 28g total carbohydrate (15g sugars, 12g other carbohydrate), and 7g protein.

** 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Whole Grain Oats, Sugar, Oat Bran, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Rice Bran Oil and/or Canola Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) **Added to Preserve Freshness.**

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), **Vitamin C** (sodium ascorbate), **A B Vitamin** (niacinamide), **Vitamin B_6** (pyridoxine hydrochloride), **Vitamin B_2** (riboflavin), **Vitamin B_1** (thiamin mononitrate), **Vitamin A** (palmitate), **A B Vitamin** (folic acid), **Vitamin B_{12}, Vitamin D_3.**

CONTAINS ALMOND INGREDIENTS.

DISTRIBUTED BY **GENERAL MILLS SALES, INC.,**
MINNEAPOLIS, MN 55440 USA

GLUTEN FREE

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Exchange: 1½ Starch
Based on Academy of Nutrition and Dietetics and American Diabetes Association criteria

This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.

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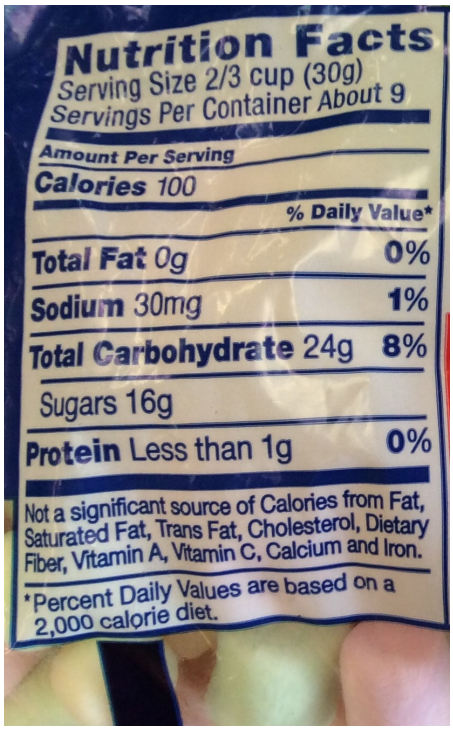

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