RF CHEETOS® Mellow Puffs

Return to Brand List (/nutritional-facts-by-product)

Product Nutrition

Nutrition Facts

Nutrition Facts	
Serving Size 1 package (.7 oz.)	
Servings Per Container 1	
Amount Per Serving	
Calories 90	
Calories from Fat 30	
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 135mg	**6%**
Total Carbohydrate 14g	**5%**
Dietary Fiber less than 1g	**4%**
Sugars less than 1g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	10%
Iron	4%

*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

Ingredients*: Whole Cornmeal, Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Whey, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Salt, Sea Minerals (Calcium Carbonate and Magnesium Carbonate), Maltodextrin (Made From Corn), Whey Protein Concentrate, Monosodium Glutamate, Natural and Artificial Flavors, Lactic Acid, Citric Acid, and Artificial Color (Yellow 6, Yellow 5). CONTAINS MILK INGREDIENTS.

Additional Product Credentials

Case UPC	000-28400-21910-5
Bag UPC	0-28400-19047-3
Case Pack	72/.7 oz. bags
Kosher Status	No
USDA Competitive Food Compliant	Yes
Grain oz. eq.	1 oz. eq.
Weight of Grain	16.7 g
Document Updated	September 2014

All products are accurately labeled with the most current information, however, since the ingredients are subject to change at any time, we recommend you check the label on the specific product the most current and accurate information.

This page was last modified on Oct 26 2014.