

Good's Potato Chips Potato Chips

NUTRITION FACTS			
Serving Size: 1oz (28g / about 13 chips)			
Servings per Container:			
Amount per Serving			
Calories	160	Calories from Fat	90
% Daily Value*			
Total Fat	10g		15%
Saturated Fat	4g		20%
Cholesterol	10mg		4%
Sodium	90mg		4%
Total Carbohydrate	15g		5%
Dietary Fiber	1g		4%
Sugars	0g		
Protein	2g		
Vitamin A	0%	*	Vitamin C 10%
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
Saturated 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: Potatoes, lard, partially hydrogenated cottonseed oil and/or partially hydrogenated soybean oil, salt.

Reg. Penna. Dept. Agr.