



## Smart Snacks Product Calculator Results

Brand:  
**Frito Lay**

Product Name:  
**Cheddar Puffs**

Serving Size:  
**19.80 g**

First Ingredient:  
**Whole Cornmeal**

- Your whole grain product meets all nutrient standards.

## Nutrition Facts

Serving Size 19.80 g

Amount Per Serving

**Calories 90**

**Calories from Fat 30**

**Total Fat (g) 3.5**

Saturated Fat (g) 0

Trans Fat (g) 0

**Sodium (mg) 135**

**Carbohydrates**

Sugars (g) 0

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

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