

# Potato Puffs

## Nutrition Facts

Serving Size 12 Pieces (85g)

Servings Per Container 1

Amount Per Serving

**Calories** 219 **Calories From Fat** 135

		<b>% Daily Value*</b>
<b>Total Fat</b>	15g	24%
Saturated Fat	3g	13%
Trans Fat	<1 g	0%
<b>Cholesterol</b>	<1g	0%
<b>Sodium</b>	310mg	13%
<b>Total Carbohydrate</b>	17g	6%
Dietary Fiber	2g	8%
Sugars	<1g	

**Protein** 2g

Vitamin A 0% ● Vitamin C 2%

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	

**Ingredients:** Tater Tots (Potatoes, Vegetable Oil, Salt, Natural Flavor, Dextrose, Sodium Acid Pyrophosphate); Trans Fat- Free Frying Oil.

**Allergy Information:** Soybeans