

Quaker® Baked Cheddar Snack Mix 1.75 oz.



Nutrition Facts			
Serving Size 1 package			
Servings Per Container 1			
Amount Per Serving			
Calories			
			230
Calories from Fat			
			80
		%Daily Value*	
Total Fat 9g			13%
Saturated Fat 1.5g			7%
Trans Fat 0g			
Polyunsaturated Fat 4g			
Unsaturated Fat 2.5g			
Cholesterol 0mg			0%
Sodium 460mg			19%
Total Carbohydrate 34g			11%
Dietary Fiber 2g			7%
Sugars 4g			
Protein 4g			
Vitamin A			6%
Vitamin C			4%
Calcium			4%
Iron			30%
Vitamin D			4%
Vitamin E			2%
Thiamin			10%
Riboflavin			10%
Niacin			10%
Vitamin B6			10%
Folic Acid			0%
Vitamin B12			6%
Phosphorus			4%
Magnesium			2%
Zinc			6%
*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
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Ingredients:

Bleached and Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Oil, Whole Oat Flour, Whole Wheat Flour, Milled Corn, Rice, Sugar, and Less than 2% of the Following: Brown Sugar, Maltodextrin (Made From Corn), Salt, Whey Protein Concentrate, Whey, Molasses, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Corn Syrup, Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Malted Barley Extract, Onion Powder, Disodium Phosphate, Buttermilk, Sour Cream (Cultured Cream, Skim Milk), Yeast Extract, Butter (Cream, Salt), Natural and Artificial Flavor, Citric Acid, Canola Oil (with TBHQ), Artificial Color (Yellow 5, Yellow 6), Yeast, Calcium Carbonate, Baking Soda, Sodium Ascorbate (Vitamin C), Reduced Iron, Niacinamide, Zinc Oxide, Vitamin E Acetate, Vitamin A Palmitate, Thiamin Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Folic Acid, BHT (to Preserve Freshness), Vitamin D, Vitamin B12, Ammonium Bicarbonate, Monocalcium Phosphate, Hydrolyzed Soy Protein, Soy Flour, Soy Lecithin, Spices, Enzymes, Sodium Sulfite, Malt Extract, Guar Gum, Malted Barley Flour, Dextrose, Monoglycerides, Blue Cheese (Milk, Cheese Cultures, Salt, Enzymes), Lactic Acid, Sunflower Oil, Garlic Powder, Disodium Inosinate, Disodium Guanylate and Soy Protein Isolate.

CONTAINS MILK, WHEAT, AND SOY INGREDIENTS.

Case UPC	000-28400-44389-0
Bag UPC	0-28400-05304-4
Case Pack	64/1.75 oz.
Kosher Status	Not Kosher
USDA Competitive Food Compliant	No
Document Updated	5/16