

Smart Snacks Product Calculator Results

Brand:
Frito Lay

Product Name:
Reduced Fat Doritos - Flamas

Serving Size:
28.35 g

First Ingredient:
Whole Corn

Your whole grain product meets all nutrient standards.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 140

Calories from Fat 45

Total Fat (g) 5

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 200

Carbohydrates

Sugars (g) 1

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

LEADING THE WAY FOR CHILDREN'S HEALTH

FOUNDED BY:

