

# Nutritional Information for CHIP HARV CHED 104-SSV SUNCHIP

<b>Product Number:</b>	<b>105260</b>
<b>Description:</b>	<b>AP Sunchips, Harvest Cheddar, 1z=11chips</b>

Nutritional Information			
Serving Size 1 oz (28 g)			
<b>Amount Per Serving</b>			
<b>Calories 140</b>		<b>Calories from Fat 54</b>	
% Daily Value			
<b>Total Fat</b>	<b>6 g</b>	<b>9%</b>	
Saturated Fat	1 g	5%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
<b>Cholesterol</b>	<b>0 mg</b>	<b>0%</b>	
<b>Sodium</b>	<b>160 mg</b>	<b>7%</b>	
<b>Potassium</b>	<b>70 mg</b>	<b>2%</b>	
<b>Total Carbs</b>	<b>19 g</b>	<b>6%</b>	
Dietary Fiber	2 g	8%	
Sugars	2 g	n/a	
<b>Protein</b>	<b>2 g</b>	<b>4%</b>	
Vitamin A -	0%	Vitamin C -	0%
Calcium -	0%	Iron -	2%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

School Equivalents		Fat Soluble Vitamins	
<b>1-1.0oz pkg</b>		Vitamin D	n/a
Meat/Meat Alternative	0.00 oz	Vitamin D	n/a
Fruit/Vegetables	0.00 cup	Vitamin E	n/a
Grain/Bread	1.00 srv	Vitamin K	n/a
Child Nutrition Label	No	Vitamin A	0 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	0 mg	Phosphorus	60 mg
Riboflavin B2	0 mg	Zinc	0 mg
Niacin B3	0 mg	Magnesium	16 mg
Pyridoxine B6	0 mg	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	0 mg
Vitamin C	0 mg	Iron	0 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a