

Nutrition Facts	
Serving Size 1 oz (28g/About 12 crisps)	
Servings Per Container About 6	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Potassium</b> 250mg	<b>7%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 0%
Phosphorus 4%	Manganese 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	



**Photo 1.5a and 1.5b** Are baked chips really better for you?