

RW Garcia™

Veggie tortilla chips Ingredients and Nutrition Facts



Nutrition Facts	
Serving Size 1 oz./about 7 chips (28g)	
Servings Per Container 7	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 2%	• Vitamin C 0%
Calcium 4%	• Iron 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.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Organic stone ground white corn, sunflower oil or corn oil, sesame seeds, tomato powder, garlic powder, onion powder, carrot powder, spinach powder, red beet powder, parsley flakes, sea salt, water, trace of lime.