

Nutrition Information



	Tayto Smoky Bacon Crisps 35g		Tayto Pickled Onion Crisps 35g		Tayto Spring Onion Flavour Crisps 35g		Tayto Beef & Onion Crisps 35g		Tayto Salt & Vinegar Crisps 35g		Tayto Ready Salted Crisps 35g		Tayto Roast Chicken Crisps 35g		Tayto Prawn Cocktail Crisps 35g		Tayto Cheese & Onion flavour Crisps 35g		Tayto Wuster Sauce Crisps 35g		Tayto Snacktime Bacon Rashers		Tayto Snacktime Onion Rings	
	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g
Bag Size	35g	-	35g	-	35g	-	35g	-	35g	-	35g	-	35g	-	35g	-	35g	-	35g	-	60g	-	50g	-
Energy	767kJ	2192kJ	767kJ	2192kJ	767kJ	2192kJ	767kJ	2192kJ	767kJ	2192kJ	775kJ	2214kJ	767kJ	2192kJ	767kJ	2192kJ	767kJ	2192kJ	767kJ	2192kJ	1164kJ	1940kJ	1072kJ	2143kJ
Protein	184 kcal	526 kcal	184 kcal	526 kcal	184 kcal	526 kcal	184 kcal	526 kcal	184 kcal	526 kcal	186 kcal	531 kcal	184 kcal	526 kcal	185 kcal	526 kcal	184 kcal	526 kcal	184 kcal	526 kcal	277 kcal	462 kcal	257 kcal	513 kcal
Carbohydrate	2.7g	7.6g	2.7g	7.6g	2.7g	7.6g	2.7g	7.6g	2.7g	7.6g	2.6g	7.5g	2.7g	7.6g	2.7g	7.5g	2.7g	7.6g	2.7g	7.6g	5.0g	8.3g	3.5g	7.0g
of Which Sugar	0.6g	1.8g	0.63g	1.8g	0.63g	1.8g	0.6g	1.8g	0.6g	1.8g	0.6g	1.8g	0.6g	1.8g	0.6g	1.8g	0.6g	1.8g	0.6g	1.8g	2.6g	4.4g	2.0g	4.0g
Fat	11.9g	34.0g	11.9g	34.0g	11.9g	34.0g	11.9g	34.0g	11.9g	34.0g	12.2g	35.0g	11.9g	34.0g	11.9g	35.0g	11.9g	34.0g	11.9g	34.0g	12.0g	20.0g	14.2g	28.3g
of which saturates	1.2g	3.4g	1.2g	3.4g	1.2g	3.4g	1.2g	3.4g	1.2g	3.4g	1.2g	3.5g	1.2g	3.4g	1.2g	3.5g	1.2g	3.4g	1.2g	3.4g	1.2g	2.0g	1.3g	2.5g
mono-unsaturates	7.0g	20.1g	7.0g	20.1g	7.0g	20.1g	7.0g	20.1g	7.0g	20.1g	7.2g	20.7g	7.0g	20.1g	7.0g	20.1g	7.0g	20.1g	7.0g	20.1g	7.1g	11.8g	8.8g	17.6g
polyunsaturates	3.7g	10.5g	3.7g	10.5g	3.7g	10.5g	3.7g	10.5g	3.7g	10.5g	3.4g	10.8g	3.7g	10.5g	3.7g	10.5g	3.7g	10.5g	3.7g	10.5g	3.4g	5.6g	4.4g	8.8g
Fibre	1.6g	4.5g	1.6g	4.5g	1.6g	4.5g	1.6g	4.5g	1g	4.5g	1.6g	4.5g	1.6g	4.5g	1.6g	4.5g	1.6g	4.5g	1.6g	4.5g	1.6g	2.7g	1.3g	2.6g
Sodium	0.2g	0.5g	0.2g	0.6g	0.2g	0.6g	0.2g	0.7g	0.1g	0.3g	0.2g	0.6g	0.3g	0.8g	0.3g	0.8g	0.2g	0.6g	0.2g	0.7g	0.3g	0.5g	0.5g	1.0g
Salt	0.4g	1.1g	0.4g	1.3g	0.4g	1.3g	0.6g	1.7g	0.3g	0.8g	0.5g	1.5g	0.7g	1.9g	0.4g	1.3g	0.5g	1.4g	0.5g	1.4g	0.8g	1.3g	1.3g	2.5g

	Tayto Spicy Flavour Bikers		Tayto Chipsticks Salt & Vinegar		Tayto Onion Rollers Snacks		Tayto Curry Flavour Chips		Bob the Builder Cheese		Bob the Builder Pickled Onion		Bob the Builder Prawn Cocktail		Tayto Exy Ozys beef flavour		Tayto Sweet Onion Flavour Bikers		Tayto Onion Rings		Tayto Rough Cuts Cheddar & Onion Flavour		Tayto Rough Cuts Salt & Vinegar flavour	
	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g
Bag Size	14g	-	14g	-	14g	-	14g	-	14g	-	14g	-	14g	-	14g	-	14g	-	17g	-	50g	-	50g	-
Energy	290kJ	2071kJ	261kJ	1883kJ	293kJ	2095kJ	300kJ	2144kJ	291kJ	2075kJ	281kJ	2007kJ	280kJ	2002kJ	273kJ	1949kJ	293kJ	2095kJ	349kJ	2053kJ	1064kJ	2128kJ	1057kJ	2113kJ
Protein	69kcal	490kcal	61kcal	444kcal	70kcal	500 kcal	72kcal	513 kcal	69kcal	496kcal	67kcal	479kcal	67kcal	477kcal	65kcal	464kcal	70kcal	500kcal	83.5kcal	491kcal	255kcal	510kcal	253kcal	506kcal
Carbohydrate	0.9g	6.5g	0.7g	5.0g	0.9g	6.2g	0.9g	6.7g	1.0g	7.2g	1.0g	6.8g	1.0g	7.0g	1.1g	8.1g	0.9g	6.2g	0.5g	3.0g	4.1g	8.2g	2.3g	4.6g
of Which Sugar	8.9g	63.9g	9.3g	66.7g	8.8g	62.9g	8.3g	59.5g	8.6g	61.4g	9.1g	64.7g	9.1g	65.1g	9.0g	64.0g	8.8g	62.9g	10.7g	63.1g	27.1g	54.2g	28.4g	56.8g
Fat	0.8g	5.8g	0.7g	5.3g	0.9g	6.0g	0.8g	6.0g	0.7g	5.2g	0.9g	6.0g	0.9g	6.2g	0.2g	1.7g	0.9g	6.0g	0.8g	4.7g	1.8g	3.5g	0.6g	1.1g
of which saturates	3.4g	24.4g	2.7g	19.2g	3.5g	24.9g	3.9g	27.5g	3.4g	24.5g	3.0g	21.4g	2.4g	21.0g	2.7g	19.6g	3.5g	24.9g	4.5g	26.2g	15.4g	30.8g	15.4g	30.8g
mono-unsaturates	0.2g	2.1g	0.2g	1.5g	0.3g	2.0g	0.4g	2.9g	0.4g	2.6g	0.2g	1.7g	0.2g	1.7g	0.2g	1.7g	0.3g	2.0g	0.4g	2.2g	1.4g	2.8g	1.9g	3.7g
polyunsaturates	2.0g	14.6g	1.7g	12.0g	2.0g	14.4g	2.2g	15.4g	2.0g	14.1g	1.7g	12.2g	1.7g	11.9g	1.5g	10.9g	2.0g	14.4g	3.1g	18.0g	9.7g	19.3g	9.3g	18.6g
Fibre	1.1g	7.7g	0.8g	5.7g	1.2g	8.5g	1.1g	8.0g	1.0g	6.8g	0.9g	6.6g	0.9g	6.4g	0.9g	6.1g	1.2g	8.5g	1.3g	7.6g	4.4g	8.7g	4.2g	8.4g
Sodium	0.2g	1.8g	0.3g	2.0g	0.2g	1.5g	0.2g	1.5g	0.3g	2.0g	0.2g	1.1g	0.2g	1.2g	0.2g	1.6g	0.2g	1.7g	0.4g	2.4g	2.2g	4.3g	2.0g	4.0g
Salt	0.1g	0.6g	0.1g	0.6g	0.1g	0.6g	0.1g	0.6g	0.1g	0.6g	0.1g	0.6g	0.1g	0.6g	0.1g	0.6g	0.1g	0.6g	0.3g	1.8g	0.6g	1.2g	0.7g	1.3g
Salt	0.2g	1.5g	0.2g	1.5g	0.2g	1.5g	0.2g	1.5g	0.2g	1.5g	0.2g	1.5g	0.2g	1.5g	0.2g	1.5g	0.2g	1.5g	0.8g	4.5g	1.5g	3.0g	1.7g	3.3g

	Tayto Rough Cuts Chargrilled Steak flavour		Tayto Rough Cuts Spiced Chilli Flavour		Tayto Fusion Oriental Chicken flavour		Tayto Fusion Sweet Chilli & Red Pepper flavour		Tayto Fusion Roast Beef with Peppercorn Sauce		Tayto Fusion Cheese & Peppercorn		Tayto Advantage Prawn Cocktail Crispy Lites		Tayto Advantage Grilled Bacon Crispy Lites		Tayto Advantage Cheddar & Onion Crispy Lites		Tayto Advantage French Onion Whisps		Tayto Advantage Texan Grill Flavour Oven Baked Whisps	
	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g	per bag	per 100g
Bag Size	50g	-	50g	-	40g	-	40g	-	40g	-	40g	-	21g	-	21g	-	21g	-	21g	-	21g	-
Energy	1074kJ	2148kJ	1103kJ	2206kJ	900kJ	2250kJ	829kJ	2073kJ	839kJ	2098kJ	854kJ	2134kJ	401kJ	1910kJ	404kJ	1922kJ	407kJ	1936kJ	417kJ	1988kJ	412kJ	1962kJ
Protein	258kcal	515kcal	264kcal	528kcal	216kcal	539kcal	199kcal	497kcal	201kcal	502kcal	205kcal	512kcal	96kcal	455kcal	96kcal	462kcal	99.3kcal	473kcal	98kcal	467kcal	98kcal	467kcal
Carbohydrate	2.8g	5.5g	2.6g	5.1g	2.9g	7.2g	2.0g	4.9g	2.3g	5.7g	2.2g	5.6g	1.1g	5.3g	1.1g	5.2g	1.1g	5.2g	1.6g	7.5g	1.4g	6.7g
of Which Sugar	28.7g	57.3g	31.7g	63.3g	20.9g	54.9g	20.9g	52.2g	21.3g	53.3g	20.2g	50.5g	13.7g	65.1g	13.7g	65.1g	13.5g	64.1g	13.5g	64.3g	13.5g	64.2g
Fat	15.6g	31.2g	15.1g	30.2g	13.6g	32.0g	11.9g	29.8g	11.8g	29.6g	12.8g	31.9g	4.1g	19.3g	4.1g	19.3g	4.3g	20.5g	4.3g	20.7g	4.1g	19.6g
of which saturates	1.7g	3.4g	1.4g	2.7g	1.4g	3.6g	1.3g	3.3g	1.3g	3.3g	1.6g	3.9g	0.3g	1.4g	0.3g	1.5g	0.3g	1.5g	0.3g	1.6g	0.3g	1.4g
mono-unsaturates	8.1g	19.2g	9.4g	18.7g	3.7g	9.2g	3.7g	9.2g	3.7g	9.2g	3.9g	9.8g	2.4g	11.6g	2.4g	11.6g	2.6g	12.3g	2.5g	12.0g	2.4g	11.6g
polyunsaturates	4.3g	8.6g	4.4g	8.8g	8.5g	21.2g	6.9g	17.2g	6.8g	17.2g	7.2g	18.1g	1.2g	5.9g	1.2g	5.8g	1.2g	5.8g	1.2g	5.8g	1.2g	5.8g
Fibre	2.2g	4.4g	2.3g	4.5g	0.8g	4.0g	1.8g	4.6g	1.6g	4.1g	1.6g	4.0g	0.8g	3.8g	0.8g	3.8g	0.8g	3.7g	0.4g	1.8g	0.4g	1.9g
Sodium	0.6g	1.1g	0.5g	1.0g	0.8g	1.0g	0.4g	0.9g	0.4g	1.0g	0.3g	0.8g	0.4g	1.7g	0.3g	1.6g	0.3g	1.5g	0.1g	0.6g	0.1g	0.6g
Salt	1.4g	2.8g	1.3g	2.5g	2.0g	2.5g	0.9g	2.3g	1.0g	2.5g	0.8g	2.0g	0.9g	4.3g	0.8g	4.0g	0.8g	3.8g	0.3g	1.5g	0.3g	1.5g

Whilst every care has been taken to ensure that this information is correct, Tayto products are constantly being reformulated and ingredients lists altered. We therefore recommend that you do not rely solely on the information presented here and that you always read the back of pack before consuming the product.

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