

Carr's® Table Water® Crackers with Roasted Garlic & Herbs

Nutrition Facts

Serving Size About 5 pieces (17g)

Servings per Container 7

Calories 70

Calories from Fat 15

Amount Per Serving % Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 120mg **5%**

Not a significant source of Vitamin A, Vitamin C, Calcium and Iron.

Amount Per Serving % Daily Value*

Total Carbohydrate 13g **4%**

Dietary Fiber less than 1g **3%**

Sugars 0g

Protein 2g

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHEAT FLOUR, VEGETABLE OIL (PALM, RAPESEED), DRIED GARLIC, SALT, GROUND BLACK PEPPER, RED BELL PEPPER, DRIED HERBS, CITRIC ACID.
CONTAINS: WHEAT.
 PRODUCED ON A LINE HANDLING SESAME SEEDS, MILK, SOYA, MUSTARD.

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