

Nutrition Facts

Serving Size 5 Crackers (17g)
 Servings per Container 7

AMOUNT PER SERVING

Calories 70 **Calories from Fat** 15

% DAILY VALUE*

Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 100mg	4%
Total Carbohydrates 12g	4%
Dietary Fiber less than 1g	3%
Sugars 0g	
Protein 2g	

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

*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		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4