

Ingredients:

Brown Rice Flour, Sesame Seeds,
 Potato Starch, Quinoa Seeds,
 Safflower Oil, Rosemary & Olive Oil
 Seasoning (Whey Powder*, Sea Salt,
 Sugar, Spices, Yeast Extract, Onion
 Powder, Natural Flavor, Olive Oil),
 Flax Seeds, Amaranth Seeds, Tamari
 Soy Sauce Powder (Tamari Soy
 Sauce (soybeans, salt), Maltodextrin
 [corn], Salt).

*adds a trivial amount of cholesterol.

Contains Milk, Soy.

Nutrition Facts

Serving Size 14 crackers (30g)

Servings Per Container about 4

Amount Per Serving

Calories 140 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Potassium 110mg **3%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • 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
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4