

Ingredients:

Brown Rice Flour, Sesame Seeds, Potato Starch, Quinoa Seeds, Safflower Oil, Flax Seeds, Roasted Garlic Seasoning (Sea Salt, Whey, Cultured Nonfat Milk*, Garlic Powder, Dehydrated Garlic, Natural Flavor, Cultured Whey, Torula Yeast, Natural Butter Flavor (with cream, annatto, turmeric)) , 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 150mg **6%**

Potassium 100mg **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