

Nutrition Facts

servings per container

Serving size

4 crackers (29g)

Amount Per Serving

Calories

120

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 135mg 6%

Total Carbohydrate 22g 8%

Dietary Fiber 2g 5%

Sugar Alcohol 0g

Total Sugars 5g

Includes 5g Added Sugars 10%

Protein 2g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1mg 4%

Potassium 60mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Whole Wheat Flour, Enriched Flour (wheat flour, niacin, reduced iron, vitamin B1 (thiamin mononitrate), vitamin B2 (riboflavin), folic acid), Sugar, Canola Oil, Molasses, Con Syrup. Contains 2% or less of Leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), Salt, Soy Lecithin..
Contains: Wheat and Soy Ingredients.