

Blue Diamond Growers Cheddar Cheese Nut Thins

NUTRITION FACTS	
Serving Size: about 16 crackers Servings per Container: about 4	
Amount per Serving	
Calories 130	Calories from Fat 35
% Daily Value*	
Total Fat 4g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 22g	7%
Dietary Fiber less than 1g	3%
Sugars 0g	
Protein 3g	
Vitamin A 0% * Vitamin C 0%	
Calcium 2% * Iron 2%	
*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
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 * Carbohydrate 4 * Protein 4	

Ingredients: Rice flour, almonds, cheddar seasoning (cheddar cheese powder (cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), disodium phosphate), salt, maltodextrin, natural cheese flavor (cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), yeast extracts, xanthan gum), cultured whey, onion, extractive of turmeric garlic, extractive of annatto, lactic acid, less than 2% soybean oil as processing aid, potato starch, expeller pressed safflower oil, soy lecithin (processing aid).

**Contains: Tree Nuts, Milk and Soy.

**Processed in a facility that makes products containing: soy, pecans, hazelnuts, and wheat.