

Blue Diamond Growers Pecan Nut Thins

NUTRITION FACTS	
Serving Size: 30g (about 16 crackers)	
Servings per Container: about 4	
Amount per Serving	
Calories 130	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A 0% * Vitamin C 0%	
Calcium 0% * Iron 0%	
*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, pecan meal, potato starch, expeller pressed safflower oil, salt, natural pecan flavor and natural butter flavor (contains milk).

**Produced in a facility that also makes products containing: soy, almonds, hazelnuts, and wheat.

** Information taken from product label