

Nutrition Facts

4 servings per container

Serving size about 8 crackers (28g)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 10g	13%
Saturated Fat <1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 5.71g	
Omega-3 (ALA) 4568mg	
Omega-6 (LA) 1142mg	
Monounsaturated Fat 2.38g	
Omega-9 (OA) 2380mg	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 10g	4%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 52.4mg	4%
Iron 1.12mg	6%
Potassium 230mg	4%
Vitamin A 98.7mcg	10%
Vitamin C 27.27mg	30%
Thiamin 0.3mg	25%
Riboflavin 0.23mg	20%
Niacin 0.97mg	6%

*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.