

Lance Oyster Crackers

Ingredients: Enriched Wheat Flour (Containing Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Contains One or More of the Following Vegetable Oils: Canola Oil, Corn Oil, Palm Oil, Soybean Oil), Salt, Leavening (Sodium Bicarbonate), Yeast, Malted Barley Flour.

Contains: **Wheat**

Nutrition Facts:

Calories: 60

Calories From Fat: 15

	Amount	% Daily Value
Total Fat	1.5g	2
Saturated Fat	0g	0
Trans Fat	0g	
Cholesterol	0mg	0
Sodium	135mg	6
Total Carbohydrate	10g	3
Dietary Fiber	0g	4
Sugar	1g	
Protein	2g	
		% Daily Value
Vitamin A		0
Vitamin C		0
Calcium		2
Iron		4
Percent Daily Values (DV) are based on a 2000 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
Sat Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400g	2,400g
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories Per Gram		
Fat	9	
Carbohydrate	4	
Protein	4	