

Nutrition Facts

Serving Size 5 Crackers (15g)

Servings Per Container about 30

Amount Per Serving

Calories 60

Calories from Fat 15

% Daily Value *

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

Cholesterol 0g 0%

Sodium 160mg 6%

Potassium 20mg 1%

Total Carbohydrate 11g 4%

Dietary Fiber 0g 0%

Sugars 0g

Protein 1g

Vitamin A 0% · Vitamin C 0%

Calcium 0% · Iron 4%

* 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
Sat 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

Nutritional and Ingredient Information may differ from the content and label information of products currently in stores.

For questions or concerns, please contact us at

customerservice@snyderslance.com.