

Lance Saltine Crackers

4 Pack

Ingredients: Enriched wheat flour (Containing Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Contains one or more of the following: Canola Oil, Corn Oil, Palm Oil, Soybean Oil, Salt, Leavening (Sodium Bicarbonate), Yeast, Malted Barley Flour.

Contains: Wheat

Nutrition

Facts:

Calories: 100

Calories From Fat: 35

	Amount	% Daily Value
Total Fat	2g	4
Saturated Fat	0g	0
Trans Fat	0g	
Cholesterol	0mg	0
Sodium	210mg	8
Total Carbohydrate	16g	6
Dietary Fiber	0g	0
Sugars	0g	
Protein	2g	

	% Daily Value
Vitamin A	0
Vitamin C	0
Calcium	0
Iron	2

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