

Bulk Food Inc.
Wheat Cracker Nips

NUTRITION FACTS	
Serving Size: about 19 crackers (31g)	
Servings per Container:	
Amount per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
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
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: Enriched flour (wheat flour, barley malt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, cracked wheat, sugar, vegetable shortening (cottonseed oil, partially hydrogenated soybean oil, citric acid, TBHQ (antioxidant)), rye flour, malted barley flour, contains 2% or less of: salt, soy lecithin, corn flour, oleoresin turmeric, oleoresin paprika, monoglycerides, diglycerides, sodium sulfate, whey.

**Contains: Wheat, Milk and Soy Ingredients.

**May contain traces of peanuts, tree nuts and sulfites.

Distributed By: Dutch Valley Foods