

TH Foods
Salted Corn Chips with Flax Seed

NUTRITION FACTS	
Serving Size: 1oz (28g)	
Servings per Container:	
Amount per Serving	
Calories 140	Calories from Fat 80
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	10%
Sugars 0g	
Protein 2g	
Vitamin A 0%	* Vitamin C 2%
Calcium 2%	* Iron 2%
** Contains less than 2% of the daily value of these nutrients	
*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: Yellow corn masa, flax seeds, soybean oil, salt.

**Contains: Soy Ingredients