

Blue Diamond Nut Thins Artisan Flax

NUTRITION FACTS

Serving Size 13 crackers (30g)

Servings per Container about 4

Amount per Serving

Calories 130

Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 140mg 6 %

Total Carbohydrate 22g 7 %

Fiber 2g 8 %

Sugars 0g

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 4%

Vitamin E %

Niacin %

Phosphorous %

Magnesium %

Manganese %

Last Changed: 6/25/2013