

Grains First Whole Grain Crackers

NUTRITION FACTS

Serving Size 4 crackers (18g)

Servings per Container about 14

Amount per Serving

Calories 80

Calories from Fat 30

% Daily Value*

Total Fat 3g 5 %

Saturated Fat .5g 3 %

Trans Fat 0g

Cholesterol 0mg 0 %

Sodium 140mg 6 %

Total Carbohydrate 11g 4 %

Fiber 2g 8 %

Sugars 1g

Protein 2g

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 4%

Last Changed: 10/12/2012