

Nutrition Facts

4 servings per container

Serving size about 8 crackers (28g)

Amount Per Serving

Calories

140

% Daily Value*

Total Fat 11g	14%
Saturated Fat < 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 7.29g	
Omega-3 (ALA) 5832mg	
Omega-6 (LA) 1458mg	
Monounsaturated Fat 1.9g	
Omega-9 (OA) 1900mg	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 8g	3%
Dietary Fiber 7g	25%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 64.2mg	4%
Iron 1.44mg	8%
Potassium 205mg	4%
Thiamin 0.4mg	35%
Riboflavin 0.05mg	4%
Niacin 0.78mg	4%
Vitamin B6 0.13mg	8%
Folate 21.92mcg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.