

Nutrition Facts

4 servings per container
Serving size about 8 crackers (28g)

Amount Per Serving

Calories

140

% Daily Value*

Total Fat 10g	16%
Saturated Fat <1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 6.13g	
Omega-3 (ALA) 4904mg	
Omega-6 (LA) 1226mg	
Monounsaturated Fat 2.63g	
Omega-9 (OA) 2630mg	
Cholesterol 0mg	0%
Sodium 218mg	9%
Total Carbohydrate 9g	3%
Dietary Fiber 6g	22%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	11%
Vitamin D 0mcg	0%
Calcium 54mg	5%
Iron 1.12mg	6%
Potassium 230mg	4%
Vitamin A 103.5mcg	7%
Thiamin 0.3mg	20%
Riboflavin 0.25mg	15%
Niacin 1.03mg	5%
Folate 24.66mcg	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.