

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 5.52g	
Omega-3 (ALA) 4416mg	
Omega-6 (LA) 1104mg	
Monounsaturated Fat 2.44g	
Omega-9 (OA) 2440mg	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 10g	4%
Dietary Fiber 6g	21%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 51.3mg	4%
Iron 1.15mg	6%
Potassium 245mg	6%
Vitamin A 147mcg	15%
Vitamin C 38mg	40%
Riboflavin 0.28mg	20%
Niacin 1.03mg	6%
Folate 23.26mcg	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.