

Nutrition Facts

4 servings per container

Serving size about 8 crackers (28g)

Amount Per Serving

Calories

140

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 3.49g **17%**

Trans Fat 0g

Polyunsaturated Fat 3.45g

Omega-3 (ALA) 2760mg

Omega-6 (LA) 690mg

Monounsaturated Fat 1.48g

Omega-9 (OA) 1480mg

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 14g **5%**

Dietary Fiber 4g **14%**

Total Sugars 8g

Includes 7g Added Sugars **14%**

Protein 3g **6%**

Vitamin D 0mcg **0%**

Calcium 31.31mg **2%**

Iron 0.72mg **4%**

Potassium 113mg **2%**

Vitamin C 16mg **20%**

Thiamin 0.17mg **15%**

Riboflavin 0.11mg **8%**

Niacin 0.48mg **4%**

Folate 12.56mcg **4%**

*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.