

# Nutrition Facts

4 servings per container

**Serving size about 8 crackers (28g)**

Amount Per Serving

**Calories**

**140**

% Daily Value\*

<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 3.69g	
Omega-3 (ALA) 2952mg	
Omega-6 (LA) 738mg	
Monounsaturated Fat 2.36g	
Omega-9 (OA) 2360mg	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 9g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 29.54mg	3%
Iron 1.54mg	9%
Potassium 127.35mg	4%
Vitamin C 25.62mg	43%
Thiamin 0.19mg	13%
Riboflavin 0.22mg	13%
Niacin 0.41mg	2%
Folate 10.7mcg	3%

\*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.