

# Nutrition Facts

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

Amount Per Serving

**Calories**

**160**

% Daily Value\*

<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 1.2g	<b>6%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 6.51g	
Omega-3 (ALA) 5208mg	
Omega-6 (LA) 1302mg	
Monounsaturated Fat 4.51g	
Omega-9 (OA) 4510mg	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars < 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0mcg	0%
Calcium 38.59mg	2%
Iron 2.21mg	10%
Potassium 193mg	4%
Vitamin C 55mg	60%
Thiamin 0.32mg	25%
Riboflavin 0.41mg	30%
Niacin 1mg	6%
Folate 27.5mcg	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.