

# Nutrition Facts

Serving Size 5 crackers = 1 oz. (28.35g)

Servings Per Container = 4

(4.15 oz. = 20 crackers)

**Amount Per Serving = 5 crackers**

**Calories = 110**    Calories from Fat = 15

**% Daily Value\***

**Total Fat** 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g **0%**

**Cholesterol** 0mg **0%**

**Sodium** 223mg **9%**

**Total Carbohydrate** 20g **7%**

Dietary Fiber 4g **14%**

Sugars 0g **0%**

**Protein** 5g **0%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

**Ingredients:** Organically Grown whole wheat flour stone ground, clover honey, sesame oil, dairy butter, sesame seeds, yeast and salt.