

Nutrition Facts

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

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.