

Nutrition Facts

Serving of 1 oz. (28.35g)

1 Cracker Sheet = 2.60 oz. (73.71g)

Amount Per Serving of 1 oz.

Calories = 115 **Calories from Fat = 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat <0.5g **0%**

Trans Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 210mg (0.21g) **9%**

Total Carbohydrate 20g **7%**

Dietary Fiber 4g **16%**

Sugars .6g **0%**

Protein 5g **10%**

Vitamin A 0% • Vitamin C .5%

Calcium 0% • Iron 8%

The above facts are derived from analysis of these crackers.

Ingredients: Organically Grown "Whole of the Wheat" flour stone ground, clover honey, sesame oil, dairy butter, sesame seeds, yeast and salt.