

Nutrition Facts

Serving Size = 1 oz. (28.35g)

1 Sheet = 6.55 oz. (185.69g)

Amount Per Serving of 1 oz.

Calories = 100 Calories from Fat = 10

% Daily Value*

Total Fat 1.0g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 20g **7%**

Dietary Fiber 1g **5%**

Sugars 1g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 10%

The above facts are derived from analysis of these cracker breads by independent labs.

Ingredients: Enriched (niacin, iron, thiamine, mononitrate, and riboflavin) white flour made from wheat kernels, not preserved, not bleached, not bromated, pure clover honey, pure sesame oil, salt, and yeast.