

# Nutrition Facts

Serving Size = 1 oz. (28.35g)

1 round bread = 3.50 oz. (99.23g)

**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** 170mg **7%**

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

Dietary Fiber 1g **6%**

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 white flour (made from wheat kernels — not preserved, not bleached, not bromated), honey (no sugars, etc.), sesame oil, salt, and yeast.