

Nutrition Facts

Serving Size = 1 oz. (28.35g)

1 round bread = 3.50 oz. (99.23g)

Amount Per Serving of 1 oz.

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

% Daily Value*

Total Fat 1.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **14%**

Sugars 0g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

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

Ingredients: Organically grown 'whole of the wheat' flour, pure clover honey, pure sesame oil, pure dairy butter (natural – not salted), sesame seeds, salt and yeast.