

# Nutrition Facts

Serving Size About 12 Chips (29g)

Servings Per Container About 6

Amount Per Serving

**Calories** 120      Calories from Fat 20

**% Daily Value\***

**Total Fat** 2g      **3%**

Saturated Fat 0g      **0%**

*Trans* Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 300mg      **13%**

**Total Carbohydrate** 21g      **7%**

Dietary Fiber 2g      **8%**

Sugars 1g

**Protein** 4g

Vitamin A 0%      •      Vitamin C 0%

Calcium 2%      •      Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH OLEIC SUNFLOWER OIL WITH ROSEMARY EXTRACT, DEHYDRATED POTATOES, CHIA SEED, QUINOA FLOUR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SEA SALT, SOY PROTEIN CONCENTRATE, SUGAR, WHEAT FLOUR, LACTIC ACID, ENZYMES, NATURAL FLAVORS, OAT FIBER, YEAST. **CONTAINS: WHEAT**