

Nutrition Facts

Serving Size About 10 Chips (27g)

Servings Per Container 6

Amount Per Serving

Calories 110 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 20g **7%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

*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, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SESAME SEEDS, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SEA SALT, CARAWAY SEEDS, POPPY SEEDS, YEAST, EVAPORATED CANE JUICE, ONION POWDER, GARLIC POWDER. **CONTAINS: WHEAT**