

# Nutrition Facts

Serving Size About 14 Chips (28g)

Servings Per Container 8

## Amount Per Serving

**Calories** 130      Calories from Fat 40

**% Daily Value\***

**Total Fat** 4.5g      **7%**

Saturated Fat 0g      **0%**

*Trans* Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 170mg      **7%**

**Total Carbohydrate** 19g      **6%**

Dietary Fiber 1g      **4%**

Sugars 0g

**Protein** 3g

Vitamin A 0%      •      Vitamin C 0%

Calcium 0%      •      Iron 6%

\*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, WHOLE WHEAT FLOUR, HIGH OLEIC SUNFLOWER OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: NATURAL FLAVOR, ASCORBIC ACID, YEAST, SEA SALT, EVAPORATED CANE JUICE, RYE FLOUR, RYE MEAL, FLAXSEED.

**CONTAINS: WHEAT**