Nutrition Facts

Serving Size About 14 Chips (28g)
Servings Per Container About 6

Amount Per Serving		
Calories 130	Calories from Fat 35	
		% Daily Value*
Total Fat 3.5g		**5%**
Saturated Fat 0g		**0%**
Trans Fat 0g		
Cholesterol 0mg		**0%**
Sodium 230mg		**10%**
Total Carbohydrate 20g		**7%**
Dietary Fiber 1g		**4%**
Sugars 1g		
Protein 3g		

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 8%
Thiamin 10%	•	Riboflavin 6%
Niacin 8%	•	Folate 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, HIGH OLEIC SUNFLOWER OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: MALTODEXTRIN, WHITE DISTILLED VINEGAR, SALT, SUGAR, SEA SALT, YEAST, CITRIC ACID, CUCUMBER, SPICES, ONION AND GARLIC POWDER, NATURAL FLAVORS, ROSEMARY EXTRACT (ANTIOXIDANT), ASCORBIC ACID (PRESERVATIVE).

CONTAINS: WHEAT