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 4g	**6%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 200mg	**8%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 1g	**4%**
Sugars 0g	
Protein 4g	

Vitamin A 2%	•	Vitamin C 0%
Calcium 2%	•	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, SPICES, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, GARLIC POWDER, YEAST, SEA SALT, ROSEMARY EXTRACT (ANTIOXIDANT), ASCORBIC ACID (PRESERVATIVE).

CONTAINS: WHEAT