Hope Springs - Mexi Fiesta 6 oz

Nutrition Facts

Serving Size 1 oz (28 g/16 crackers)
Servings Per Container 6

Amount Per Serving

Calories 130	Calories from Fat 40
	% Daily Value*
Total Fat 5g	**8**%
Saturated Fat 3g	**15**%
Trans Fat 0g	
Cholesterol 10mg	**3**%
Sodium 310mg	**13**%
Total Carbohydrate 19g	**6**%
Dietary Fiber 1g	**4**%
Sugars 0g	
Protein 3g	

Vitamin A 6% • Vitamin C 0%

Calcium 4% • Iron 4%

*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 FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER (CREAM, SALT), SALT, SPICES, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), GARLIC, ONION, LEMON PEEL, PAPRIKA.

CONTAINS MILK, WHEAT.