

Hope Springs - GF Garden Fresh Crackers 6 oz

Nutrition Facts

Serving Size 1 oz (28 g/16 crackers)

Servings Per Container 6

Amount Per Serving

Calories 120 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 270mg **11%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 3g

Vitamin A 10% • Vitamin C 2%

Calcium 4% • 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: GARBANZO BEAN FLOUR, TAPIOCA FLOUR, BUTTER (CREAM, SALT), POTATO STARCH, SALT, CARROTS, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), SUN DRIED TOMATOES, GARLIC, ONION, CELERY SEEDS.

This product is manufactured in a facility that uses wheat.

CONTAINS MILK.