

Hope Springs - Cheesy Potato 6 oz

Nutrition Facts

Serving Size 1 oz (28 g/16 crackers)

Servings Per Container 6

Amount Per Serving

Calories 130 **Calories from Fat** 45

% 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 8% • **Vitamin C** 2%

Calcium 4% • **Iron** 2%

*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), POTATO FLOUR (DEHYDRATED WHOLE POTATOES), PARMESAN CHEESE (PART SKIM MILK, CHEESE CULTURES, SALT AND ENZYMES), CHIVES, SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE).

CONTAINS MILK, WHEAT.