

Hope Springs - Green Chili Rice Cracker 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 290mg **12%**

Total Carbohydrate 19g **6%**

 Dietary Fiber 3g **12%**

 Sugars 1g

Protein 3g

Vitamin A 10% • Vitamin C 6%

Calcium 2% • Iron 8%

*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: WHOLE WHEAT FLOUR, WATER, BUTTER (CREAM, SALT), BROWN RICE FLOUR, GREEN CHILI PEPPER, SALT, GARLIC, ONION, BAKING POWDER (CORN STARCH, SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, MONOCALCIUM PHOSPHATE).

CONTAINS MILK, WHEAT.