

4.5oz • cracked pepper  
lentil crackers



## Nutrition Facts

Serving Size 1 oz (28g) about 18 crackers  
Servings Per Container 4.5

Amount Per Serving

**Calories** 110 Calories from Fat 30

% Daily Value\*

**Total Fat** 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 200mg 8%

**Total Carbohydrate** 16g 5%

Dietary Fiber 1g 4%

Sugars 2g

**Protein** 5g

Vitamin A 0% • Vitamin C 0%

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
Sat 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:** LENTIL FLOUR, CORN FLOUR, POTATO STARCH, VEGETABLE OIL (OLIVE OIL AND/OR SUNFLOWER OIL AND/OR PALM FRUIT OIL), MILK PROTEIN, SUGAR, MILK CREAM, SEA SALT, PEPPER, LEAVENING, NATURAL SPICES.

**CONTAINS:** DAIRY

**ALLERGEN INFORMATION:** MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PRODUCT CONTAINING EGG YOLK.