HONEY GRAHAMS

Nutrition Facts

Serving Size 4 crackers (38g)
Servings Per Container about 12

Amount Per Serving	
Calories 140	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 230mg	**9%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 3g	**10%**
Sugars 6g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	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

Ingredients: Whole wheat flour, honey, unsulphured molasses, soybean oil, leavening (sodium bicarbonate, ammonium bicarbonate), salt, soy lecithin, lemon oil.

Contains wheat, soy.

Allergy Warning: Produced in a facility that also processes or handles milk products.