

Appleways Veggie Crispy Crackers

Nutrition Facts

1 servings per container

Serving size 1 oz (28g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 18g 7%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 9mg 0%

Iron 1mg 6%

Potassium 62mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.