

Appleways

Bean & Veggie Crispy Crackers, 1.2 oz

Nutrition Facts

1 servings per container

Serving size

1 pkg (34g)

Amount Per Serving

Calories

140

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 22g **8%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 4g **8%**

Vitamin D 0mcg **0%**

Calcium 18mg **2%**

Iron 1mg **6%**

Potassium 82mg **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.