

# FSTG Multi Grain Chip

## Nutrition Facts

1 servings per container

**Serving size** 1 bag (42g)

**Amount Per Serving**

**Calories** **220**

**% Daily Value\***

**Total Fat** 11g **14%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 110mg **5%**

**Total Carbohydrate** 27g **10%**

Dietary Fiber 4g **14%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 1.1mg **6%**

Potassium 120mg **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.