

# Lance Captain's Wafers

## 2 Pack

**Ingredients:** Enriched wheat flour (Containing Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Contains one or more of the following: Canola Oil, Corn Oil, Palm Oil, Soybean Oil), Sugar, High Fructose Corn Syrup, Malt Syrup, Salt, Leavening (Sodium Bicarbonate, Monocalcium Phosphate).

Contains: **Wheat**

### Nutrition

#### Facts:

Calories: 70

Calories From Fat: 25

	Amount	% Daily Value
<b>Total Fat</b>	2.5g	4
Saturated Fat	0g	0
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0
<b>Sodium</b>	105mg	4
<b>Total Carbohydrate</b>	9g	3
Dietary Fiber	0g	0
Sugars	1g	
<b>Protein</b>	1g	

	% Daily Value
Vitamin A	0
Vitamin C	0
Calcium	0
Iron	2

Percent Daily Values (DV) are based on a 2000 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	2,400g	2,400g
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

	Calories Per Gram
Fat	9
Carbohydrate	4
Protein	4