

Nutrition -

Serving Size: 1 package (42.5g/6 crackers) Calories: 200 Calories from Fat: 80

Amount per Serving		% Daily Value
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Total Fat	9g	14%
Saturated Fat	3g	15%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	290mg	12%
Total Carbohydrate	26g	9%
Dietary Fiber	3g	13%
Sugar	5g	
Protein	4g	

Ingredients -

Enriched Flour (Wheat Flour, 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), Whole Wheat Flour, Whole Grain Oats, Sugar, Deproteinized Dairy Whey, Maltodextrin (Dietary Fiber), Wheat Bran, Malted Barley Flour, Buttermilk Solids, Salt, Cornstarch, Dairy Whey, Wheat Gluten, Leavening (Sodium Bicarbonate, Ammonium Bicarbonate, Monocalcium Phosphate), Sour Cream ([Cream, Nonfat Milk, Cultures], Cultured Nonfat Milk, Lactic Acid, Citric Acid), Whey Protein Concentrate, Caramel Color, Soy Lecithin (Emulsifier), Cheddar Cheese (Cultured Milk, Salt, Enzymes), Nonfat Dry Milk, Onion, Dextrose, Natural and Artificial Flavors, Spices, Parsley, Artificial Color (Yellow 5 Lake), Citric Acid.

Allergy Information

Contains: Wheat, Milk, Soy May contain: Peanuts