

Nooch Crackers

INGREDIENTS: Blanched Almond Meal, Blanched Almonds, Water, Lemon Juice, Nutritional Yeast, Inactive Nutritional Yeast [Dried Yeast, Niacin (Vitamin B3), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Hydrochloride (Vitamin B1), Folic Acid, Vitamin B12], Coconut Oil, Flaxseed, meal or whole, Salt.

Nutrition Facts

Serving Size 5 crackers (31g)
 Servings Per Container 10

Amount / Serving

Calories 130 Calories from Fat 80

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Cholesterol 0mg **0%**

Sodium 120mg **5%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 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 |
| Saturated Fat | Less than | | 20g | 25g |
| Cholesterol | Less than | | 300mg | 300mg |
| Sodium | Less than | | 2,400mg | 2,400mg |
| Total Carbohydrate | | | 300g | 375g |
| Dietary Fiber | | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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