

2 pack 500 ct - Captain Wafer Crackers - Item #: 469750

## Captain Wafer

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), Sugar, Corn Syrup, Salt, Leavening (Sodium Bicarbonate, Ammonium Bicarbonate, Monocalcium Phosphate).

**CONTAINS: WHEAT**

<b>Nutrition Facts</b>	
Serving Size 4 Crackers (13g/2 Packages)	
Servings per Container 250	
Amount Per Serving	
<b>Calories 60</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4 %</b>
Saturated Fat 0.5g	2 %
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
<b>Cholesterol 0mg</b>	<b>0 %</b>
<b>Sodium 105mg</b>	<b>4 %</b>
<b>Total Carbohydrate 9g</b>	<b>3 %</b>
Dietary Fiber less than 1g	1 %
Sugars 1g	
<b>Protein 1g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
*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	

2 Packages meet 1/2 bread credit (1/2 ounce grain equivalence)

Ron Pepperdine

Regulatory & Analytical Services Mgr.



Date: 6/26/13