

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

Nutrition Facts Serving Size 4 Crackers (13g/2 Packate Servings per Container 250 Amount Per Serving Calories 60 Calories from Fat 2 % Daily Value Total Fat 2.5g Anount Per Serving Calories from Fat 2 % Daily Value Total Fat 2.5g Polyunsaturated Fat 0.5g Cholesterol Omg Cholesterol Omg Cholesterol Omg Sodium 105mg Total Carbohydrate 9g Dietary Fiber less than 1g Protein 1g Vitamin A 0% Vitamin C 0% Calcium 0% Percent Daily Values are based on a 2,000 calorie die Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500 Total Fat Saturated Fat Less Than 65g Saturated Fat Less Than 300mg Sodium Cholesterol Sodium Cholesterol Calories: 2,400mg Zess Than 300mg Sodium Cholesterol Sodium Cholesterol Sodium Cholesterol Sodium Cholesterol Sodium Cholesterol Cholesterol Sodium Cholesterol			
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Calories per gram:			
Fat 9 Carbo hydrate 4 Protein 4			

2 Packages meet 1/2 bread credit (1/2 ounce grian equivalance)

Ron Pepperdine

Regulatory & Analytical Services Mgr.

Depper Date: 6/26/13