

RW Garcia™

5 Seed Crackers

Ingredients and Nutrition Facts



Ingredients: Organic stone ground white corn, sunflower oil or corn oil, onion powder, hemp seeds, brown flaxseed, poppy seeds, black sesame seeds, white sesame seeds, dried chives, sea salt, water, trace of lime.

Nutrition Facts	
Serving Size 1 oz./about 16 crackers (28g)	
Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	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	



Ingredients: Organic stone ground white corn, sunflower oil or corn oil, garlic powder, hemp seeds, brown flaxseed, poppy seeds, black sesame seeds, white sesame seeds, dried rosemary, sea salt, water, trace of lime.

Nutrition Facts	
Serving Size 1 oz./about 16 crackers (28g)	
Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	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	

RW Garcia™

5 Seed Crackers

Ingredients and Nutrition Facts



Ingredients: Organic stone ground white corn, sunflower oil or corn oil, garlic powder, onion powder, tellicherry pepper, hemp seeds, brown flaxseed, poppy seeds, black sesame seeds, white sesame seeds, sea salt, water, trace of lime.

Nutrition Facts

Serving Size 1 oz./about 16 crackers (28g)	
Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%
*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	