

# RW Garcia™

## Flaxseed tortilla chips Ingredients and Nutrition Facts



Nutrition Facts	
Serving Size 1 oz./about 7 chips (28g)	
Servings Per Container 7	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 3g	12%
Sugars 1g	
<b>Protein 5g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	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

**Ingredients:** Organic stone ground yellow corn, organic soy grits, sunflower oil or corn oil, organic brown flaxseed, sea salt, trace of lime.



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<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 3g	12%
Sugars 1g	
<b>Protein 5g</b>	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 6%

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Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Organic stone ground yellow corn, organic soy grits, sunflower oil or corn oil, organic brown flaxseed, salt, tomato powder, spices, onion, whey (milk), smoked yeast, citric acid, paprika extract, natural flavors, sea salt, water, trace of lime.

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Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein 2g</b>	
Vitamin A 4%	• Vitamin C 8%
Calcium 0%	• Iron 4%
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	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 yellow corn, sunflower oil or corn oil, organic brown flaxseed, evaporated sugar cane juice, vinegar powder, dehydrated red & green bell peppers, salt, garlic powder, dehydrated jalapeno peppers, spices, citric acid, annato extract, natural flavors, water, trace of lime.



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Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein 3g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%
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Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Organic stone ground blue corn, sunflower oil or corn oil, organic brown flaxseed, sea salt, water, trace of lime.