

SUPER SEED CRACKERS

Ingredients: Amaranth Flour, Pumpkin Seed (17%), Linseed, (17%) **Sesame** Seed (16%), Sunflower Seed (15%), Olive Oil, Salt

Contains: **Sesame**

NUTRITION INFORMATION		
Servings Per Pack: 8		
Serving Size: 4 Pieces (15g)		
	Average Quantity Per Serving	Average Quantity Per 100g
Energy	316 kJ	kJ
Protein: Total	2.8 g	17.5 g
Gluten	0.0 g	0.0 g
Fat: Total	5.5 g	36.3 g
Saturated	0.7 g	4.8 g
Carbohydrate:	2.9 g	34.2 g
Sugars	0.2 g	1.4 g
Sodium	70 mg	469 mg

* Recommended Daily Intake based on average adult diet of 8700 kJ.