
NABISCO
Honey Maid
MADE WITH REAL Honey
Honey Maid
PER 8 CRACKERS
130
NET WT 14.4 OZ (408G)


Nutrition Facts
Serving Size 8 crackers (31g)
(1 serving = 2 full crackers)
Serving Per Container About 53
Amount Per Serving
Calories 130
Calories from Fat 25
% Daily Value*
Total Fat 3g 5%
Saturated Fat 3g 0%
Trans Fat 3g
Polyunsaturated Fat 1.5g
Monounsaturated Fat 0.5g
Cholesterol 0mg 0%
Sodium 160 mg 7%
Potassium 50mg 1%
Total Carbohydrate 25g 8%
Dietary Fiber 1g 4%
Sugars 8g
Protein 2g
Vitamin A 0%
Vitamin C 0%
Calcium 0%
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
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Potassium 3,500mg 3,500mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
INGREDIENTS: UNBLEACHED UNBICHED FLOUR (WHEAT FLOUR, MALTA, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2) FOLIC ACID), GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), SUGAR, SOYBEAN OIL, HONEY, LEAVENING (BAKING SODA, AMMONIUM CALCIUM PHOSPHATE), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR.
CONTAINS: WHEAT, SOY.
DISTRIBUTED BY
MONDELEZ GLOBAL LLC
EAST HANOVER, NJ 07936 USA
1. Pull Tab
2. Take Crakers Out
3. Tear Fire Starter Tabs
4. Make Fire
5. Smores!
Honey Maid


Honey
Maid