

Poppy Seed & Onion Sesame Sticks

Ingredients: Unbleached wheat flour (malted barley flour as an enzyme additive), soybean oil, sesame seeds, bulgur wheat, poppy seeds, salt, onion powder, turmeric (color), beet powder (color).

Nutrition Facts	
Serving Size 1oz (28g)	
Servings Per Container varies	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 13g	4%
Dietary Fiber >1g	4%
Sugars 0g	
Protein 3g	
Vitamin A 0%	• Vitamin C 6%
Calcium 6%	• Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs