

## Nutrition Facts      Okra Chips

Serving Size	28g (About 10 Chips)		
Servings Per Container			
Amount Per Serving			
Calories	120	Calories from Fat	25
		% Daily Value*	
Total Fat	2.5g	4%	
<i>Saturated Fat</i>	0g	0%	
<i>Transfat</i>	0g		
Cholesterol	0mg	0%	
Sodium	35mg	2%	
Total Carbohydrate	21g	7%	
Dietary Fiber	6g	22%	
Sugars	0g		
Protein	2g		
Vitamin A	6%		
Vitamin A, Beta Carotene	6%		
Vitamin C	2%		
Calcium	10%		
Iron	2%		

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