



Valley Lahvosh

# 11200 - Lahvosh Hearts

Serve our Hearts with all your favorite dips, spreads, and toppings. The unique shape makes our Heart Lahvosh a great addition to any charcuterie board. Low fat with zero trans fat and no cholesterol also equals a nutritious and delicious snack option.



## Nutrition Facts

Servings per Container 8  
Serving size 30.0g (30g)

Amount per serving  
**Calories 110**

	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 2g Added Sugar	<b>4%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>1%</b>
Iron 1.3mg	<b>7%</b>
Potassium 50mg	<b>1%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### \* Benefits

A great item for Heart lovers everywhere, our Heart Deli Bag just gives you more to love! Serve our Hearts with all your favorite dips, spreads, and toppings to make a truly distinctive statement. The unique shape makes our Heart Lahvosh a great addition to any charcuterie board. Low fat with zero trans fat and no cholesterol also equals a nutritious and delicious snack option.

### Ingredients

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: HULLED SESAME SEEDS, PALM OIL, INACTIVE YEAST, YEAST, NONFAT MILK, INVERT SUGAR, SALT, GUAR GUM, MALTED BARLEY, MALTODEXTRIN, DEXTROSE, WHEAT FLOUR, CELLULOSE GUM, FOOD STARCH-MODIFIED.

### Allergens

#### Contains:

milk wheat

#### Free From:

crustaceans eggs fish peanuts  
 soy tree nuts

### Handling Suggestions

Store dry; once opened, seal bag to keep crackers fresh.

### Serving Suggestions

Eat right out of the box for a healthy snack, use on a charcuterie board with meats and cheeses, add to soups or salads, serve as a carrier cracker with dips and spreads.

### Prep & Cooking Suggestions

Lahvosh can be eaten right out of the package for a healthy snack or used as a carrier cracker with cheeses, dips, and spreads. Also perfect to add to a charcuterie board along with meats, cheeses, fruits, and nuts.

### Product Specifications

Brand	Manufacturer	Product Category
Valley Lahvosh	Valley Lahvosh Baking Co	Bread, Baked & Parbaked

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
078466012004	4701200	11200	10078466012001		12/8 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6lb	6lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12in	16in	9in	1ft3	10x7	351days	60°F / 77°F



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## Nutrition Analysis - By Measure

Calories	110	Total Fat	1.5g	Sodium	150mg
Protein	4	Trans Fats		Calcium	10mg
Total Carbohydrates...	23g	Saturated Fat	0.5g	Iron	1.3mg
Sugars	2g	Added Sugars	2g	Potassium	50mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

