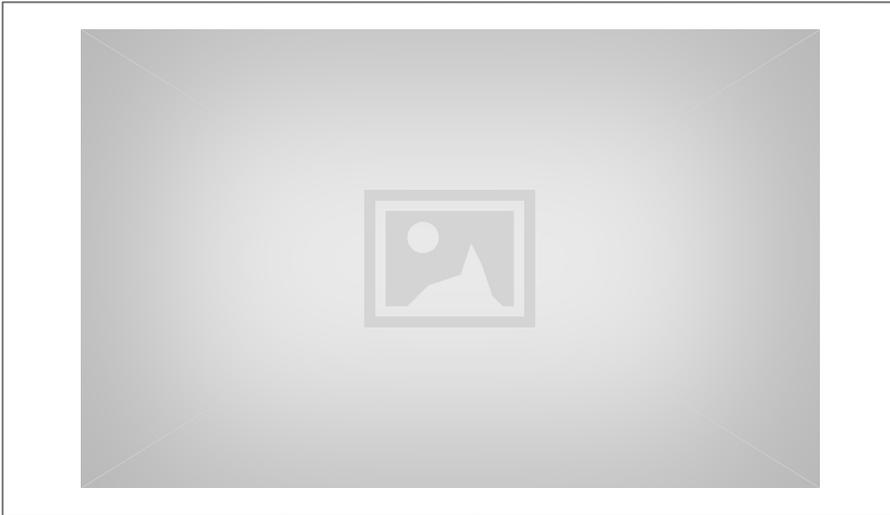




## Flour And Forge

# 11364 - Sea Salt Mediterranean Flatbread Cr

A new item from Flour and Forged Mediterranean Sea Salt Cracker. This product is GMO Free and Kosher. They are perfect for elevating your cheese board or charcuterie board, hearty enough for dipping subtle enough for pairing. Lastly, just eat them right out of the container.



## Nutrition Facts

12 Servings Per Container

Serving size **15grams (2H87)**

Amount per serving  
**Calories 50**

% Daily Value\*

<b>Total Fat</b> 0.5 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 160 mg	<b>7%</b>
<b>Total Carbohydrate</b> 9 g	<b>3%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes 0 g Added Sugar	<b>0%</b>
<b>Protein</b> 2 g	
Vitamin D 0 mcg	<b>0%</b>
Calcium 0 mg	<b>0%</b>
Iron 0.7 mg	<b>4%</b>
Potassium 20 mg	<b>0%</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 new item from Flour and Forged Mediterranean Sea Salt Cracker. Made with great ingredients: Enriched Unbleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Sea Salt, Fermented Durum Wheat Flour, Avocado Oil, Cane Sugar. This product is GMO Free and Kosher. These are crispy, crunchy and delicious. They are perfect for elevating your cheese board or charcuterie board, hearty enough for dipping subtle enough for pairing. Lastly, just eat them right out of the container.

### Ingredients

Enriched Unbleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Sea Salt, Fermented Durum Wheat Flour, Avocado Oil, Cane Sugar.

### Allergens

#### Contains:



wheat

#### May Contain:



milk



sesame

#### Free From:



### Handling Suggestions

Keep the crackers in the sealed container for best results.---  
UNIT UPC: 820581113643  
---

### Serving Suggestions

Pair with your favorite cheese, preserve and or honey. Dip into your tasty dip or salsa. Eat right out of the container.

### Prep & Cooking Suggestions

Open the container and serve.

### Product Specifications

Brand	Manufacturer
Flour And Forge	Flour And Forge

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
820581113643	GFI364	11364	10820581113640		8/6.5 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
4.25 lb	3.25 lb	United States of America	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.5 in	7.75 in	9 in	0.46 ft3	20x5	237 days	60 °F / 77 °F



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### Nutrition Analysis - By Measure

Calories	50	Total Fat	0.5 g	Sodium	160 mg
Protein	2	Trans Fats	0 g	Calcium	0 mg
Total Carbohydrates...	9 g	Saturated Fat	0 g	Iron	0.7 mg
Sugars	0 g	Added Sugars	0 g	Potassium	20 mg
Dietary Fiber	0 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(U)		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

