



Firehook

# 18946 - Garlic Thyme Cracker Organic

Enjoy with a hearty soup, your favorite greens or pair with you favorite cheese for a savory meal!



## Nutrition Facts

Servings per Container 8  
Serving size 1.00Z (1oz)

Amount per serving  
**Calories 100**

% Daily Value\*

<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 0mg	<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

Baked from scratch and addictively crunchy! We use simple Organic Ingredients to bake unevenly beautiful crackers. All from scratch since 1992.

### Ingredients

Organic What Flour, Organic Honey, Organic Yeast, Salt, Organic Garlic, Organic Thyme, Organic Olive Oil

### ⚠ Allergens

#### Contains:



wheat

#### Free From:



crustaceans



eggs



fish



milk



peanuts



soy



tree nuts

### Handling Suggestions

See label for suggestions

### Serving Suggestions

See label for suggestions

### Prep & Cooking Suggestions

See label for suggestions

### 📄 Product Specifications

Brand	Manufacturer	Product Category
Firehook	Firehook Of Virginia Inc	Crackers

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
899055000246	67001960	18946	12899055000241		12/8 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9lb	6lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
18in	14.8in	8.5in	1.31ft3	6x9	180days	60°F / 77°F



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## Nutrition Analysis - By Measure

Calories	100	Total Fat	0.5g	Sodium	210mg
Protein	3	Trans Fats		Calcium	0mg
Total Carbohydrates...	19g	Saturated Fat	0g	Iron	0mg
Sugars	1g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	0g	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-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

