



Firehook

18989 - Garlic Thyme Mediterranean Crackers

Staples of the mediterranean diet, these garlic and thyme flatbread crackers are a perfect accompaniment for a cheese board or antipasti platter. The savory taste also goes perfectly with your favorite pasta or salad. An artisan cracker that is head and shoulders above the usual offerings.



Nutrition Facts

Servings per Container	5
Serving size	1oz
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 5mg	0%

* Benefits

Artisan baked crackers with the perfect crunch! Our crackers are baked from scratch using simple, NON-GMO, USDA ORGANIC ingredients. Mediterranean inspired flavors that are perfect for snacking and even better with your favorite cheese, dip and spread. Family owned and keeping it crunchy since 1992! Ingredients: Organic Wheat Flour, Organic Honey, Organic Yeast, Salt, Organic Garlic, Organic Thyme, Organic Olive Oil

Ingredients

organic wheat 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

* 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.

Handling Suggestions

Keep container closed tightly for maximum freshness.

Serving Suggestions

SNACKING. PAIRED WITH SOUPS, SALADS, OR DIPS

Prep & Cooking Suggestions

Ready to eat

📄 Product Specifications

Brand	Manufacturer	Product Category
Firehook	Firehook Of Virginia Inc	Crackers

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
899055001281	66602507	18989	10899055001288		8/5.5 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
4.75lb	2.75lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11.5in	11.75in	8.25in	0.65ft3	9x12	160days	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	5mg
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

