



Firehook

# 25132 - Everything Mediterranean Crackers

Firehook's Everything Like the Bagel Flavor inspired by everyone's favorite NY bagel, we took the best part off the top and baked it with crunch. Enjoy with herbed chevre, crushed avocado, or your favorite dip.



## Nutrition Facts

Servings per Container 5.5  
Serving size

Amount per serving  
**Calories 70**

	% 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> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 2g	
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

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### Ingredients

Organic whole wheat flour, organic onion, salt, organic sesame seeds, organic poppy seeds, organic honey, organic yeast, organic olive oil

### ⚠ Allergens

#### Contains:



wheat

#### Free From:



crustaceans



eggs



fish



milk



peanuts



soy



tree nuts

### Handling Suggestions

See label for suggestions

### Serving Suggestions

SNACKING. Pairs well with favorite soup, salad or dip.

### 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.
811657030025	6660.2513	25132	10811657030022		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	70	Total Fat	0.5g	Sodium	95mg
Protein	2	Trans Fats		Calcium	0mg
Total Carbohydrates...	13g	Saturated Fat	0g	Iron	0mg
Sugars	1g	Added Sugars	0g	Potassium	0mg
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

