



Sigdal Bakeri
302561 - Pumpkin Crispbread Vegan

This crunchy Crispbread contains several types of corn and seeds, with a distinct taste of pumpkin seeds. A wholegrain crispbread with only natural ingredients. This Seasonal best seller is perfect to pair with your Holiday favorite Pumpkin soup, to the cheese board and to your salad.



Nutrition Facts

Servings per Container	10
Serving size	8.29OZ
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 7g	8%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.6mg	8%
Potassium 190mg	4%

* 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

Our Pumpkin crispbread is based on wholegrain flour with an abundance of flavorsome seeds with an exciting flavor of Pumpkin Seeds. It is perfect for breakfast as a healthier substitute to your bread. Delicious for your cheese board with a good glass of wine or even just a snack by itself. It is higher in protein and fiber and lower in carbs. This is also our seasonal favorite for the Pumpkin harvest Season.

Ingredients

SPELT FLAKES, SUNFLOWER SEEDS, FLAX SEEDS, OAT BRAN, PUMPKIN SEEDS, OAT BRAN, PUMPKIN SEEDS, WHEAT BRAN, SPELT BRAN, WHOLEMEAL SPELT FLOUR, SALT

Allergens

Contains:



Free From:



Handling Suggestions

dark and dry storage. UNIT UPC: 859764006106

Serving Suggestions

traditionally eaten as an open sandwich with your favorite topping for either breakfast, lunch or supper.

Prep & Cooking Suggestions

Ready to eat

Product Specifications

Brand			Manufacturer			
Sigdal Bakeri			Bakeverket International			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
859764006106	3230	302561	20859764006100		54/8.29 OZ	
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
31.78lb	27.97lb	Norway	No			
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.31in	11.61in	15in	1.54ft3	10x40	152days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	120	Total Fat	7g	Sodium	105mg
Protein	4	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	12g	Saturated Fat	1g	Iron	1.6mg
Sugars	0g	Added Sugars	0g	Potassium	190mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		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

