

Sigdal Bakeri

46103 - Pumpkin Crispbread Vegan



Perfect to cross merchandise with cheese in your deli department as this is a specialty crispbread/cracker. Pumpkin is very popular at the Seasonal section as well. Enjoy the healthy snack that taste good and does good.



* Benefits

Our Pumpkin Crispbread contains 46% seeds which makes it higher in protein and fiber and lower in carbs. It is crunchy, full of flavor and simply delicious. Perfect as a snack by itself or with your favorite topping. A nutritious Holiday alternative for crackers and crispbread. Perfect for the popular Holiday season with our Pumpkin flavor

Ingredients

Allergens

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

Contains:

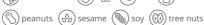


Free From:









Nutrition Facts

Servings per Container 8.29OZ Serving size

Amount per serving

Calories

120

10

| % Da | ily 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.

Handling Suggestions

Dark and dry storage. UNIT UPC: 859764006106

Serving Suggestions

traditionally eaten as an open sandwich with any topping you would like. A healthier substitute for bread, toast or bagel.

Prep & Cooking Suggestions

Ready to eat

Product Specifications

| Brand | Manufacturer |
|---------------|--------------------------|
| Sigdal Bakeri | Bakeverket International |
| | |

| UPC | MFG # | SPC # | GTIN | Pack | Pack Desc. |
|--------------|-------|-------|----------------|------|------------|
| 859764006106 | 3026 | 46103 | 10859764006103 | | 12/8.29 OZ |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 6.72lb | 6.22lb | Norway | No | |

| Shipping Information | | | | | | |
|----------------------|--------|--------|---------|-------|------------|----------------------|
| Length | Width | Height | Volume | TIxHI | Shelf Life | Storage Temp From/To |
| 15.67in | 7.79in | 5in | 0.35ft3 | 15x12 | 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 | |

| 0 | Additional Images | | | | | | | |
|---|-------------------|--|--|--|--|--|--|--|
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