



**Firehook**

# 500126 - Multigrain Flax Mediterranean Crack

Made with whole grain flour and topped with flax seeds to create the perfect crunch! Simply enjoy as a snack or pair with your favorite cheese or dip.



## Nutrition Facts

<b>Servings per Container</b>	<b>5</b>
<b>Serving size</b>	<b>1oz</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<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> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 2g	<b>7%</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 20mg	<b>0%</b>

### \* 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, Whole Wheat Flour, 7-Grains & Seeds (wheat, rye, corn, barley, flax seeds, millet and Oats), Organic Honey, Organic Yeast, Salt, Organic Olive Oil

### Ingredients

wheat flour, whole wheat flour, organic whole grain (wheat, rye, barley, corn, millet, steel-cut oats, flax seeds), honey, flax seeds, yeast, salt, olive oil

### ⚠ Allergens

#### Contains:



wheat

#### Free From:



\* 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

Dry. Keep Container closed 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.
899055001267	66602505	500126	08899055001269		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
11.8in	11.5in	8.3in	0.65ft3	9x12	117days	60°F / 77°F



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## Nutrition Analysis - By Measure

Calories	90	Total Fat	0.5g	Sodium	150mg
Protein	3	Trans Fats		Calcium	0mg
Total Carbohydrates...	18g	Saturated Fat	0g	Iron	0mg
Sugars	1g	Added Sugars	0g	Potassium	20mg
Dietary Fiber	2g	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

