



Joyfull

# 618007 - Garlic & Herb Seeded Parmesan Crack

5 Seeds embedded in a Parmesan Cracker, 100% aged parmesan, slow-oven baked with a crispy crunch. Gluten-free with 7 grams of protein per serving. Perfect for pairing with charcuterie, dips, hummus, and spreads.



## Nutrition Facts

Servings per Container 5  
Serving size 0.75OZ

Amount per serving  
**Calories 120**

	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 220mg	<b>17%</b>
Iron 0.8mg	<b>4%</b>
Potassium 80mg	<b>2%</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

Seeded Parmesan Crackers are artisan-crafted with 100% aged Parmesan and 5 wholesome seeds, including sunflower, pumpkin, sesame, millet and flax. These deliciously cheesy and crunchy crackers are the perfect snack for any occasion!

### Ingredients

INGREDIENTS: PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), SUNFLOWER SEEDS, PUMPKIN SEEDS, SESAME SEEDS, MILLET, FLAX SEEDS, GARLIC, ONION, ITALIAN SEASONING, GROUND BLACK PEPPER.

### Allergens

#### Contains:



#### Free From:



### Handling Suggestions

Store at room temp

### Serving Suggestions

Great snack, Charcuterie Plate or Soup and Salad Topper

### Prep & Cooking Suggestions

Eat and Enjoy

### Product Specifications

Brand	Manufacturer	Product Category
Joyfull	Raison Detre Bakery LLC	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
856617004210	18007-8CT	618007	20856617004214		8/3.75 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
3.4lb	1.9lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11.7in	7.95in	7.27in	0.39ft3	20x9	78days	60°F / 77°F



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## Nutrition Analysis - By Measure

Calories	120	Total Fat	8g	Sodium	260mg
Protein	7	Trans Fats		Calcium	220mg
Total Carbohydrates...	4g	Saturated Fat	3.5g	Iron	0.8mg
Sugars	0g	Added Sugars	0g	Potassium	80mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	15mg		
Vitamin A(U)		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

