



## Cultured Traditions

# 745095 - Garlic Pickle Sauerkraut

Crunchy and tangy Cultured Traditions Garlic Pickle Sauerkraut is wonderfully delicious right out of the jar, or on your favorite sandwich, salad or soup. It is raw, living and full of happy bugs for a happy tummy!



## Nutrition Facts

Servings per Container 15  
Serving size 2tbsp (2G24)

Amount per serving  
**Calories 10**

% Daily Value\*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat		
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrate	2g	1%
Dietary Fiber	1g	4%
Total Sugars	1g	
Includes Added Sugar	0g	0%
Protein	0g	
Vitamin D	0mcg	0%
Calcium	10mg	1%
Iron	2mg	11%
Potassium	60mg	1%

\* 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

At Cultured Traditions we use centuries old fermentation methods to make our delicious sauerkraut. Our Garlic Pickle Sauerkraut is made in small batches with lots of love in Suwanee, GA. Organically grown cabbage, cucumbers, garlic, dill and green onions bring you the best of both worlds. kraut and pickles! Crunchy, tangy and full of fermented zing it is not just tasty, it is incredibly good for you! We never pasteurize anything, so all our ferments are raw, living and full of happy bugs for a happy tummy! Wonderfully delicious right out of the jar, or on your favorite sandwich, salad or soup it is a delicious, nutritious addition to any meal!  
Every jar is carefully packed by hand and it will stay fresh and bright refrigerated for many months.

### Ingredients

CABBAGE\*, CUCUMBERS\*, GREEN ONIONS\*, HIMALAYAN PINK SALT, GARLIC\*, DILL\*

\*Organic Ingredients

### ⚠ Allergens

#### Free From:



### Handling Suggestions

Keep Refrigerated

### Serving Suggestions

It can be  
-added to salads, soups, sandwiches  
-served as a side dish (cooked or raw)  
-served as a main dish in combination with meats/sausages

### Prep & Cooking Suggestions

can be served raw or cooked

### 📄 Product Specifications

Brand	Manufacturer	Product Category
Cultured Traditions	Cultured Traditions	Pickled Vegetables, Other

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
736211745095	GP	745095	10195893073341		12/16 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
19.4lb	19.4lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.25in	10in	5.75in	0.44ft3	12x6	150days	35°F / 37°F



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### Nutrition Analysis - By Measure

Calories	10	Total Fat	0g	Sodium	240mg
Protein	0	Trans Fats		Calcium	10mg
Total Carbohydrates...	2g	Saturated Fat	0g	Iron	2mg
Sugars	1g	Added Sugars	0g	Potassium	60mg
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-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

