

Elizabeth's Whole Grain Garlic Butter Crisps (Croutons)

Item No. 115b14 and 115p150

Serving Size .75 oz. (21g)
Servings Per Container: 1

Calories/Calories from Fat 90/25

		%D.V.
Total Fat	3g	5%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	150mg	6%
Total Carbohydrate	14g	
Dietary Fiber	1g	4%
Sugars	0g	
Protein	2g	4%
Vitamin A	0%	
Vitamin C	0%	
Calcium	0%	
Iron	4%	

*Percent Daily Values (% D.V.) are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories : 2000	2,500
Total Fat	65g	80g
Sat Fat	20g	25g
Cholesterol	300mg	300mg
Sodium	2,400mg	2,400mg
Total carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4

Contribution to National School Lunch Program Meal Requirement – 1 serving Grains/Breads

Ingredients: Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, and Folic Acid), Canola Oil and or High Oleic Sunflower Oil, Water, Salt, Sugar, Dehydrated Garlic, Spices and or Natural Butter Flavors, Yeast, and or Ascorbic Acid.

Contains: WHEAT, MILK, SOY

Manufactured Elizabeth's Food Company
in the USA 19301 South Santa Fe Ave, Suite 104
by: Rancho Dominguez, CA 90221

Shelf Life: 6 Months