



74581 Fresh Gourmet® Country Cut Whole Grain Cheese Garlic Croutons 4-2.5 LB

INGREDIENTS: WHITE WHOLE WHEAT FLOUR, CANOLA AND/OR SUNFLOWER OIL, SPELT FLOUR, WHEY, AMARANTH FLOUR, QUINOA FLOUR, WHEAT GLUTEN, SALT, 2% OR LESS OF YEAST, SUGAR, ASCORBIC ACID, DEHYDRATED PARSLEY, GARLIC POWDER, VINEGAR, NATURAL AND ARTIFICIAL FLAVOR, PARMESAN CHEESE AND ENZYME MODIFIED CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), CULTURED NONFAT MILK, ANNATTO (COLOR), EXTRACTIVES OF TURMERIC AND PAPRIKA (COLOR), TBHQ (TO PRESERVE FRESHNESS).

CONTAINS: WHEAT, MILK.

PACKAGED IN A FACILITY THAT ALSO PACKAGES TREE NUTS.

Nutrient	Per 100g
Basic Components	
Calories (kcal)	353.17
Calories from Fat (kcal)	105.69
Protein (g)	11.83
Carbohydrates (g)	54.71
Dietary Fiber (g)	6.07
Total Sugars (g)	5.16
Fat (g)	11.9
Saturated Fat (g)	1.13
Mono Fat (g)	6.8
Poly Fat (g)	3.73
Trans Fatty Acid (g)	0.06
Cholesterol (mg)	0.27
Vitamins	
Vitamin A - IU (IU)	38.78
Vitamin C (mg)	0.6
Minerals	
Calcium (mg)	52.65
Iron (mg)	2.53
Potassium (mg)	231.31
Sodium (mg)	986.54

Effective Date: 6/16/14

Supersedes: 6/9/14