



74627 Fresh Gourmet® Country Cut Whole Grain Cheese Garlic Croutons 250-0.5 oz

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.

Nutrition Facts: Per Corrugated

Nutrition Facts	
Serving Size 1 packet (14g)	
Servings Per Container 250	
Amount Per Serving	
Calories 50	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Effective Date: 6/16/14

Supersedes: 6/9/14