

NUTRITIONAL FACTS

NUT CRUMBS

8-oz Bags of Gourmet Bread Crumb Alternatives

Italian

Nutrition Facts

About 36 Servings Per Container

Serving size 1 1/3 TBSP (8g)

Amount per serving

Calories 45

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 75mg 3%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

*The % Daily Value 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.

Ingredients: pistachios, cashews, almonds, salt, pepper

NUTRITIONAL FACTS

NUT CRUMBS

Spicy

Nutrition Facts	
About 36 Servings Per Container	
Serving size	1 1/3 TBSP (8g)
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
<small>*The % Daily Value 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.</small>	

Ingredients: pecans, cashews, almonds, kosher salt, pepper, paprika, cayenne pepper, chili powder, crushed red pepper

NUTRITIONAL FACTS

NUT CRUMBS

Original

Nutrition Facts	
About 36 Servings Per Container	
Serving size	1 1/3 TBSP (8g)
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value 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.

Ingredients: pistachios, cashews, almonds, salt, pepper