



Appleways
1069168860 - 1.2oz Wg Bean Veggie Crackers, 1w

Appleways Simply Wholesome Crispy Crackers are a crunchy savory cracker that appeals to all ages. Our crispy crackers contain 8 grams of whole grain, all-natural flavors, no preservatives, and has 0g of trans fat. This makes them a perfect healthy on-the-go delicious snack. Appleways Bean & Veggie Crispy Crackers have a shelf life of 270 days.



Nutrition Facts

Servings per Container	108
Serving size	1Pack (1.2oz)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 4g	
Vitamin D 0µg	0%
Calcium 18mg	1%
Iron 1mg	6%
Potassium 82mg	2%

* 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

Our bean and veggie flavor packs five veggies into each cracker.

Ingredients

Whole Grain Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Bean Powder Blend (Navy Bean Flour, Pinto Bean Flour), Soybean Oil, Vegetable Blend (Carrot, Celery, Onion, Red Bell Pepper, Green Bell Pepper), Buttermilk Powder, Applesauce, Apple Fiber, Vinegar Powder (Maltodextrin, White Distilled Vinegar), Soy Lecithin, Garlic Powder, Onion Powder, Spices, Parsley, Salt, Sugar, Dextrose, Natural Flavors, Yeast Extract, Citric Acid, Dough Conditioner (Enzymes).
CONTAINS: WHEAT, SOY & MILK

Allergens

Contains:

milk soy wheat

Free From:

crustaceans shellfish mollusks
eggs fish peanuts sesame

Handling Suggestions

Dry Storage/Ready-to-Eat

Serving Suggestions

1 Pack

Prep & Cooking Suggestions

Ready to Eat

Product Specifications

Brand		Manufacturer			Product Category	
Appleways		Darlington Cookie Company			Grocery	
MFG #	SPC #		GTIN		Pack	Pack Desc.
76300	1069168860		00675825763005		108	108/1.2 oz
Gross Weight		Net Weight	Country of Origin		Kosher	Child Nutrition
9.6lb		8.1lb	USA		Yes	No
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.07in	15.76in	8.95in	1.56ft3	6x9	270DAYS	50°F / 80°F



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Appleways Whole Grain 1.2 oz Bean & Veggie Crispy Crackers, Individually Wrapped, 108ct



Nutrition Analysis - By Serving

Calories	140kcal	Total Fat	4.5g	Sodium	180mg
Protein	4g	Trans Fats	0g	Calcium	18mg
Total Carbohydrates...	22g	Saturated Fat	0.5g	Iron	1mg
Sugars	1g	Added Sugars	0g	Potassium	82mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0µg	Vitamin D	0µg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

 Additional Images

