

Rip Rap Baking

Sea Salt Crackers

Nutrition Facts			
Serving Size 3 Crackers (42.5g)			
Servings Per Container 4			
Amount Per Serving			
Calories 190			
		% Daily Value*	
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 180mg			8%
Total Carbohydrate 38g			13%
Dietary Fiber 2g			8%
Sugars 1g			
Protein 6g			12%
Calcium 2%	•	Iron 10%	
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Enriched Unbleached Flour (wheat flour malted barley flour, niacin, iron, thiamine, riboflavin, folic acid), Water, Wheat, Durum, Honey, Salt, Olive Oil

Contains: Wheat

Net Weight: 6 oz. (170g)

Red Bear Provisions

Haute Porc

Dry Salami

Nutrition Facts			
Serving Size 1 oz (28g)			
Servings Per Container 3.5			
Amount Per Serving			
Calories 160			
		% Daily Value*	
Total Fat 12g			18%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 90mg			4%
Total Carbohydrate 10g			3%
Dietary Fiber 4g			16%
Sugars 6g			
Protein 4g			8%
Calcium 2%	•	Iron 6%	
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Pork, Pork Fat, Sea Salt, Wine, Spices, Dextrose, Celery Juice Powder, Lactic Acid Starter Culture

Net Weight: 8 oz. (226g)

Bobby Sue's Nuts

Original

Nutrition Facts			
Serving Size 1 oz (28g)			
Servings Per Container 3.5			
Amount Per Serving			
Calories 160			
		% Daily Value*	
Total Fat 11g			17%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 65mg			3%
Total Carbohydrate 10g			3%
Dietary Fiber 3g			12%
Sugars 5g			
Protein 4g			8%
Calcium 4%	•	Iron 6%	
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Tree Nuts (Cashews, Almonds, Pecans,) Cane Sugar, Organic Egg Whites, Water, Spices

Contains: Egg, Cashews, Almonds, Pecans

Net Weight: 3.5 oz. (99g)

 **NUTRITION FACTS**

Murray's
Alp Blossom
Semi Hard Cheese

Nutrition Facts

Serving Size 1 oz (28g)
Servings Per Container 4

Amount Per Serving	
Calories 120	
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 120mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 7g	14%

Vitamin A 4% Calcium 25%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Pasteurized Cow's Milk, Salt, Cornflower, Marigold, Rose, Lavender, Parsley, Rosemary, Garlic, Savory, Sea Salt, Onion, Oregano, Paprika, Cultures, Rennet
Contains: Milk

Net Weight: 4 oz. (113g)

Distributed by Murray's, New York, NY 10014

Milton Creamery
Prairie Breeze
Cheddar Style Cheese

Nutrition Facts

Serving Size 1 oz (28g)
Servings Per Container 4

Amount Per Serving	
Calories 120	
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 180mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 7g	14%

Vitamin A 6% Calcium 20%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Pasteurized Cow Milk, Cultures, Salt, Rennet
Contains: Milk

Net Weight: 4 oz. (113g)

Murray's
Delice
Soft Ripened Cheese

Nutrition Facts

Serving Size 1 oz (28g)
Servings Per Container 7

Amount Per Serving	
Calories 110	
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 8g	40%
Trans Fat 0.3g	
Cholesterol 45mg	15%
Sodium 110mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 3g	6%

Vitamin A 6% Calcium 4%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Pasteurized Cow's Milk and Cream, Cultured Milk, Salt, Rennet
Contains: Milk

Net Weight: 7 oz. (198g)

Murray's
Prosciutto Di Parma

Nutrition Facts

Serving Size 2 slices, 1 oz (30g)
Servings Per Container 3

Amount Per Serving	
Calories 80	
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 550mg	23%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 8g	16%

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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Pork, Salt

Net Weight: 3 oz. (85g)