

## 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)**

## Bobby Sue's Nuts

Nuts Over Olives

### 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:** Ingredients: Tree Nuts (Cashews, Almonds, Pecans), Olives(Olives, Water, Sea Salt, Citric Acid),Cane Sugar, Organic Egg Whites, Water, Spices, Lemon Peel

**Contains:** Egg, Cashews, Almonds, Pecans

**Net Weight: 3.5 oz. (99g)**



NUTRITION FACTS

## Old Chatham Creamery

Kinderhook Creek Mini  
Soft Sheep's Milk Cheese

Nutrition Facts			
Serving Size 1 oz (28g)			
Servings Per Container 3			
Amount Per Serving			
<b>Calories 100</b>			
		% Daily Value*	
<b>Total Fat</b> 10g			<b>15%</b>
Saturated Fat 6g			<b>30%</b>
Trans Fat 0g			
<b>Cholesterol</b> 30mg			<b>10%</b>
<b>Sodium</b> 95mg			<b>4%</b>
<b>Total Carbohydrate</b> 0g			<b>0%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 0g			
<b>Protein</b> 2g			<b>4%</b>
Vitamin A 6%		Calcium 8%	
*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:** Cultured Pasteurized Sheep Milk, Enzymes, Salt, White Mold  
**Contains:** Milk

**Net Weight: 3 oz. (85g)**

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			
<b>Calories 120</b>			
		% Daily Value*	
<b>Total Fat</b> 10g			<b>15%</b>
Saturated Fat 7g			<b>35%</b>
Trans Fat 0g			
<b>Cholesterol</b> 15mg			<b>5%</b>
<b>Sodium</b> 180mg			<b>8%</b>
<b>Total Carbohydrate</b> 0g			<b>0%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 0g			
<b>Protein</b> 7g			<b>14%</b>
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)**

## Nicolau Farms

Capra Stanislaus  
Semi Hard Goat's Milk Cheese

Nutrition Facts			
Serving Size 1 oz (28g)			
Servings Per Container 4			
Amount Per Serving			
<b>Calories 110</b>			
		% Daily Value*	
<b>Total Fat</b> 7g			<b>11%</b>
Saturated Fat 3.5g			<b>18%</b>
Trans Fat 0g			
<b>Cholesterol</b> 20mg			<b>7%</b>
<b>Sodium</b> 190mg			<b>8%</b>
<b>Total Carbohydrate</b> 0g			<b>0%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 0g			
<b>Protein</b> 7g			<b>14%</b>
*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:** Vat Pasteurized Goat Milk, Cultures, Enzymes, Sea Salt  
**Contains:** Milk

**Net Weight: 4 oz. (113g)**

## Murray's

Prosciutto Di Parma

Nutrition Facts			
Serving Size 2 slices, 1 oz (30g)			
Servings Per Container 3			
Amount Per Serving			
<b>Calories 80</b>			
		% Daily Value*	
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Cholesterol</b> 25mg			<b>8%</b>
<b>Sodium</b> 550mg			<b>23%</b>
<b>Total Carbohydrate</b> 0g			<b>0%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 0g			
<b>Protein</b> 8g			<b>16%</b>
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)**