



74884 GFS Homestyle Multigrain Cheese Garlic Croutons 10-2 LB

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, WHOLE WHEAT FLOUR, YEAST, WHEY, SALT, 2% OR LESS OF HIGH FRUCTOSE CORN SYRUP, RYE MEAL, GARLIC POWDER, NATURAL AND ARTIFICIAL FLAVOR, PARMESAN CHEESE AND ENZYME MODIFIED CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), CALCIUM PROPIONATE (PRESERVATIVE), CARAMEL COLOR, CALCIUM PEROXIDE, CALCIUM SULFATE, ASCORBIC ACID, AZODICARBONAMIDE, SODIUM STEAROYL LACTYLATE, PARSLEY*, HONEY, CULTURED NONFAT MILK, ANNATTO (COLOR), EXTRACTIVES OF TURMERIC AND PAPRIKA (COLOR), WHEAT GLUTEN, TBHQ (TO PRESERVE FRESHNESS).

*DEHYDRATED

CONTAINS: WHEAT AND MILK.

PACKAGED IN A FACILITY THAT ALSO PACKAGES TREE NUTS.

Nutrition Facts: Per Corrugated

Nutrition Facts	
Serving Size 6 croutons (7g)	
Servings Per Container 1296	
Amount Per Serving	
Calories 30	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Potassium 10mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	1%
Sugars 0g	
Protein 1g	
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
Sat 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	

Revised: December 3, 2008