



Kettel Krackers™

Organic • Gluten-Free • Baked Crackers

Authentic Danish "krackers" that taste amazing and make you feel wonderful!

- ✓ Certified Organic
- ✓ Guaranteed Gluten-Free
- ✓ No Dairy, No Preservatives
- ✓ Rich in Omega-3 and Oleic Fatty Acids
- ✓ Made with Whole Seeds & Extra Virgin Olive Oil
- ✓ Excellent Source Protein, Fiber, Essential Vitamins & Minerals
- ✓ Vegan, No Sugar

When you eat Kettel Krackers, you can be confident that you're putting the right kind of fuel in your body.

For More Information:

www.kettelkrackers.com

Kettel Krackers™ are handmade at our dedicated gluten-free bakery using fresh, organic, locally-sourced ingredients of the highest quality.



CARAWAY

Ingredients: Gluten-free flour (white rice flour*, brown rice flour*, millet flour, sorghum flour, xanthan gum), water, high-oleic cold-pressed extra virgin olive oil*, flax seeds*, pumpkin seeds*, sesame seeds*, sunflower seeds*, caraway seeds*, aluminum-free baking powder, sea salt.

*Certified organic



SESAME

Ingredients: Gluten-free flour (white rice flour*, brown rice flour*, millet flour, sorghum flour, xanthan gum), water, high-oleic cold-pressed extra virgin olive oil*, flax seeds*, pumpkin seeds*, sesame seeds*, sunflower seeds*, aluminum-free baking powder, sea salt.

*Certified organic



GARLIC

Ingredients: Gluten-free flour (white rice flour*, brown rice flour*, millet flour, sorghum flour, xanthan gum), water, high-oleic cold-pressed extra virgin olive oil*, flax seeds*, pumpkin seeds*, sesame seeds*, sunflower seeds*, garlic granules*, aluminum-free baking powder, sea salt.

*Certified organic



ROSEMARY

Ingredients: Gluten-free flour (white rice flour*, brown rice flour*, millet flour, sorghum flour, xanthan gum), water, high-oleic cold-pressed extra virgin olive oil*, flax seeds*, pumpkin seeds*, sesame seeds*, sunflower seeds*, rosemary powder*, aluminum-free baking powder, sea salt.

*Certified organic



FIRE KRAKERS

Ingredients: Gluten-free flour (White Rice Flour*, Brown Rice Flour*, Millet Flour*, Sorghum Flour*, Xanthan Gum), Water, high-oleic cold-pressed extra virgin olive oil*, Sunflower Seeds*, Sesame Seeds*, Pumpkin Seeds*, Flaxseeds*, Cayenne Oil* (Olive Oil, Cayenne Chilis), Aluminum Free Baking Powder, Mediterranean Rub* (Sea Salt, Organic Garlic, Organic Onion, Organic Sugar, Organic Paprika, Organic, Yellow Mustard, Organic Lemon Peel, Organic Coriander, Organic Oregano, Organic Parsley, Organic Cayenne 35k H.U., And Organic Nu Flow), Chili Flakes*, Chili Powder*, Sea Salt.

*Certified organic

Nutrition Facts

Serving Size about 4 crackers (26g)
Servings Per Container about 8

Amount Per Serving

Calories 130 **Calories from Fat** 70

%Daily Value*

Total Fat 7 g **11 %**

Saturated Fat 1.5 g **8 %**

Trans Fat 0 g

Cholesterol 0 mg **0 %**

Sodium 130 mg **5 %**

Total Carbohydrate 12 g **4 %**

Dietary Fiber 2 g **8 %**

Sugars 0 g

Protein 5 g

Vitamin A 0 % • Vitamin C 0 %

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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

♥ Our fats are good for you!
Kettel Krackers are rich in poly-unsaturated and monounsaturated fats—the heart healthy kind!

Manufactured by Kettel Krackers™,
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Certified Organic by
Oregon Tilth