

“Pfefferneuse”

TRADITIONAL

unique flavor.
addictive aroma.

Prairie Harvest



FROM THE LAND OF
KANSAS



PEPPERNUITS

PEPPERNUTS

Peppernuts, with their unique flavor and addictive aroma, have been a tradition for many German families for centuries. The dough was packed in crocks and stored in the fruit-room of the cellar so that the spices blended smoothly with the sugar and flour. Women shaped the cookies by rolling the dough into ropes and then slicing those ropes to form the small round cookies. Some painstakingly cut their dough in perfect little circles using sewing thimbles. Building on this rich heritage, Prairie Harvest offers Peppernuts to you and yours.

Nutrition Facts

Serving Size About 50 Pieces (30g)

Servings Per Container About 21

Amount Per Serving		Vitamin A 4%		Vitamin C 0%	
Calories 110		Calcium 0%		Iron 4%	
Calories from Fat 25					
		% Daily Value*			
Total Fat 3g	5%	Calories	2,000	2,500	
Saturated Fat 1g	5%	Total Fat	Less than 65g	80g	
Trans Fat 0g		Saturated Fat	Less than 20g	25g	
Cholesterol 5mg	2%	Cholesterol	Less than 300mg	300mg	
Sodium 105mg	4%	Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate 17g	6%	Total Carbohydrate	300g	375g	
Dietary Fiber 0g	0%	Dietary Fiber	25g	30g	
Sugars 8g		Calories per gram:			
Protein 2g		Fat 9 • Carbohydrate 4 • Protein 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.

INGREDIENTS: FLOUR (ENRICHED BLEACHED WHEAT FLOUR [NIACIN, IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALTED BARLEY FLOUR), SUGAR, MARGARINE (VEGETABLE OIL BLEND [SOYBEAN OIL, PALM OIL, PALM KERNEL OIL], WATER, SALT, WHEY (MILK), SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, POTASSIUM SORBATE AND SODIUM BENZOATE [FOR FRESHNESS], CALCIUM DISODIUM EDTA [TO PROTECT QUALITY], CITRIC ACID, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE (COLOR)), EGGS, DARK CORN SYRUP (DARK CORN SYRUP, SUGAR, CARAMEL FLAVOR, SALT, SODIUM BENZOATE [TO PROTECT QUALITY], CARAMEL COLOR), BAKING SODA, SPICES, NATURAL ANISE OIL.

CONTAINS EGG, MILK, SOY, WHEAT.

TRY OUR OTHER VARIETIES:
ANISE FREE, WHEAT FREE, LOW SUGAR
NET WEIGHT: 21 oz

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