



CRACKERS, SALTINE, UNSALTED TOPS

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Code: 100910

PRODUCT DESCRIPTION

- Unsalted tops saltine crackers are made from flour, water, leavening ingredients, and vegetable shortening or oil. Crackers may contain stabilizers, flavors, and other ingredients.

PACK/YIELD

- Unsalted tops saltine crackers are packed in 16-ounce boxes, which is about 30 servings (½ ounce or about 5 crackers each) of crackers.

STORAGE

- Store unopened boxes of unsalted saltine crackers in a cool, clean, dry place.
- After opening, keep inside bag tightly closed.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Unsalted tops saltine crackers may be eaten alone as a snack.
- Top unsalted tops saltine crackers with peanut butter, sliced cheese, or fruit for a quick snack.
- Crumble unsalted tops saltine crackers into pieces and use as topping for soups and casseroles, or use in recipes calling for breadcrumbs.

NUTRITION INFORMATION

- 5 unsalted tops saltine crackers counts as 1 ounce from the MyPlate.gov Grain Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: 5 crackers (15g) unsalted saltine crackers

Amount Per Serving

Calories 65 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g			3%
Saturated Fat 0g			0%
<i>Trans</i> Fat 0g			
Cholesterol 0mg			0%
Sodium 115mg			5%
Total Carbohydrate 10g			3%
Dietary Fiber 0.5g			2%
Sugars 0g			
Protein 1g			
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN PATTIES

MAKES ABOUT 6 SERVINGS

Ingredients

- 2 cups canned chicken, drained
- 20 unsalted tops saltine crackers, crushed into pieces
- ¼ cup light mayonnaise
- ¼ cup onion, chopped
- 2 tablespoons lemon juice
- ¼ teaspoon black pepper
- 1 tablespoon vegetable oil

Directions

1. In a bowl, combine chicken, cracker crumbs, mayonnaise, onion, lemon juice, and black pepper. Shape into six patties.
2. Heat oil in a large skillet; cook patties over medium heat for 2 to 3 minutes on each side or until golden brown and heated through.

Nutritional Information for 1 serving (1 patty) of Chicken Patties							
Calories	210	Cholesterol	40 mg	Sugar	0 g	Vitamin C	3 mg
Calories from Fat	110	Sodium	480 mg	Protein	16 g	Calcium	2 mg
Total Fat	12 g	Total Carbohydrate	8 g	Vitamin A	0 RAE	Iron	2 mg
Saturated Fat	2 g	Dietary Fiber	0 g				

Recipe adapted from Food.com

EASY MEATLOAF

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 pound lean ground beef
- ⅓ cup onion, chopped
- 1 egg
- 20 unsalted tops saltine crackers, crushed into pieces
- ½ teaspoon black pepper
- ¼ teaspoon salt
- 1 cup canned low-sodium tomato sauce

Directions

1. Heat oven to 350 degrees F.
2. Place ground beef into a large bowl. Add onion, egg, ¼ cup tomato sauce, crackers, salt, and black pepper. Mix until combined.
3. Spoon mixture into a 9x5-inch loaf pan. Top with remaining tomato sauce and cover with aluminum foil.
4. Bake for 45 minutes to 1 hour.

Nutritional Information for 1 serving (about 1 cup) of Easy Meatloaf							
Calories	260	Cholesterol	90 mg	Sugar	2 g	Vitamin C	3 mg
Calories from Fat	150	Sodium	240 mg	Protein	16 g	Calcium	38 mg
Total Fat	17 g	Total Carbohydrate	10 g	Vitamin A	19 RAE	Iron	3 mg
Saturated Fat	6 g	Dietary Fiber	1 g				

Recipe adapted from Food.com