

KRETSCHMER ORIGINAL TOASTED WHEAT GERM

Wheat Germ is Nature's Boost. Whether its a smoothie, bowl, or baked good, Wheat Germ is the perfect way to Boost Your Food™. Wheat germ offers a seriously strong boost of vitamins, minerals and plant-based protein. The Mayo Clinic calls it one of the 10 health foods for eating well. Kretschmer Wheat Germ has been around since 1936 when Charles Kretschmer of Carrollton, Michigan developed and sold the first toasted wheat germ, and its still healthy eaters favorite.

Packed with nutrients, plant-based protein and fiber, Kretschmer Wheat Germ produced proudly in Manhattan, Kansas making headlines as one of healthiest foods on the planet. Kretschmer products are part of the

Shelf Life	Storage Temp Min	Storage Temp Max
546 days	32°F	95°F

Ingredients

Wheat germ, vitamin E acetate (d-l-alpha-tocopherol acetate), vitamin A palmitate, folic acid.



Preparation and Cooking

Kretschmer Original Toasted Wheat Germ offers a satisfying nutty flavor with a distinctive texture. It provides an excellent source of vitamin E and folic acid and adds nutritional value to everything you make.

Nutrition Facts

23 servings per Container	
Serving Size	2 Tbsp (15g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 130mg	2%

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Allergens



* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.