



# ORGANIC BREAD CRUMBS

## ITALIAN HERBS

For Croquettes, Stuffing... and More



SERVING SUGGESTION



**Baked Zucchini Medallions** In a bowl, mix 1/3 cup Let's Do Organic® Starch (Corn or Arrowroot) and 1/3 cup warm water. In a separate bowl, add 1 cup of breadcrumbs (add more if needed). Slice a large zucchini into medallions. Put the medallions in starch mixture and coat well. Transfer medallions to the bowl of crumbs and cover well. Place coated medallions onto an oiled baking sheet. Bake in a preheated oven at 375° F for 15-20 minutes until golden brown. Turn medallions over and bake for 10-15 minutes more. Serve immediately.

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### Nutrition Facts

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
<b>Total Fat</b> 1g	1%	<b>Total Carbohydrate</b> 22g	8%
Saturated Fat 0g	0%	Dietary Fiber 1g	4%
Trans Fat 0g		Total Sugars 1g	
Cholesterol 0mg	0%	Includes 0g of Added Sugars	0%
Sodium 200mg	9%	<b>Protein</b> 5g	

Amount per 1/3 cup (30g) serving  
**Calories 110**  
 Vitamin D 0mg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 60mg 1%  
 \*% 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.

Produced in a facility which handles sesame seeds and soy.

Ingredients: Organic Wheat Flour, Salt, Yeast, Organic Palm Oil\*, Organic Onion Powder, Organic Garlic Powder, Dehydrated Organic Parsley, Organic Oregano Powder, Organic Basil Powder, \*Certified sustainable palm oil to protect forests and wildlife.  
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