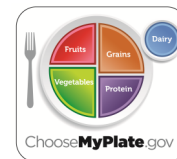


Crackers, Saltine, Unsalted Tops

MyPlate Food Group: **Grain**



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.

Storage

- Store unopened boxes of unsalted saltine crackers in a cool, clean, dry place.
- After opening, keep inside bag tightly closed.

Uses and Tips

- Unsalted tops saltine crackers may be eaten alone or 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

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

Resources

- www.nutrition.gov
- www.foodsafety.gov

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 Fat</i> 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.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

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.

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.

Recipe adapted from Food.com