GLUTEN-FREE

Par-baked Pizza Crusts from Rich's®

Nutrition Facts

Serving size: 1/4 pizza crust (55g)
Servings per container: 4

Amount Per Serving:
Calories: 160 Calories from fat: 35

	% Daily Value*
Total Fat 4g	6%
Saturated Fat .5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 2g	

Vitamin A 0% • Vitamin C 4%
Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

Ingredients:
Rice Flour, Filtered Water, Tapioca Starch, Potato Starch, Organic Extra Virgin Olive Oil, Vegetable Shortening (Canola Oil, Hydrogenated Cottonseed Oil), Sugar, Contains less than 2% of the following: yeast, salt, eggs, gelatin, natural flavor, organic defatted soy flour, egg whites, leavening (sodium aluminum phosphate, baking soda), soy lecithin, xanthan gum, gum arabic, organic guar gum.

Contains: eggs, soy

Features and Benefits

Certified GF™ Gluten-Free

- **Reliable:** Certified gluten-free by the GFCO, based on our testing at less than 5PPM
- **Addresses special dietary needs:** Crust is dairy-free, lactose-free and casein-free, with zero trans fat
- **The preferred choice:** In taste panels, our crust was favored over other gluten-free pizza crusts
- **Offers a variety of options:** Crust is versatile and allows you to be flexible with your pizza toppings
- **Perfect every time:** Consistent size and quality
- **Fast and easy:** Freezer-to-oven application allows for quick response to customer demand
- **Use only what you need:** Each case contains 24 crusts packaged in their own oven-safe, disposable pan, minimizing the risk of cross-contamination

Tips for Safe Handling

- Keep crust frozen at -10°F
- Avoid cross-contamination by keeping the crust covered until needed
- Thoroughly clean any area that will come in contact with gluten-free foods
- Always store gluten-free pizza ingredients in clearly-marked, separate airtight containers
- Bake the pizza crust on its own pan to avoid cross-contamination

Prod Code:	07010
Case Pack:	24
Unit Weight:	7.75oz (219g)
Target Pack Size:	24 / 7.75oz
Frozen Shelf Life:	270 days

FEED YOUR BODY AND SOUL

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1000 Apollo Road • Eagan, MN 55123 • www.frenchmeadow.com

PaneRiso FOODS

Product Specification

Product Code:	C1355	Creation Date:	02/23/2011	Revised Date:	6/19/2013
Product Name:	PANERISO FOODS Large White Rice Pizza Crust				

Description

12" & 13" GLUTEN FREE PIZZA CRUST MADE WITH RICE FLOUR AND POTATO STARCH

Ingredients

White rice flour, potato starch, water, canola oil, cultured dextrose, sugar, sea salt, yeast, methylcellulose, monodiglycerides.

Allergens: Contains Soy oil & corn. Made in a facility that uses eggs, dairy, soy, and sulphites.

DAIRY

Certified GF Gluten-Free

Nutrition Facts

Per 38 g

Amount		% Daily Value
Calories	80	
Fat	1.5 g	2%
Saturated	0.2 g	1%
Trans	0 g	0%
Cholesterol	0 mg	
Sodium	190 mg	8%
Carbohydrates	16 g	5%
Fibres	0 g	0%
Sugars	1 g	
Protein	1 g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		2%

Storage:	Shelf stable for 9 months. Keep at room temperature.

Packaging:	All packaging materials used are food grade, well formed, and securely sealed.

Microbiology Specifications

ACC :	50,000 CFU MAX
Coliform:	100 CFU MAX
E.Coli:	100 CFU MAX
Mould:	1000 CFU MAX
Yeast:	1000 CFU MAX
Gluten:	<5ppm

Canbrands SPECIALTY FOODS INC · Baking Up Results ·

2907 Portland Dr. Oakville, ON L6H 5S4 | 905-829-6003

chipotle
black bean burger
I'm meat-free

gardein
garden grown protein

gluten-free

Prepare me!

let (from frozen): Place burgers in non-stick skillet. covered, over medium heat for 7-8 mins, turning through cooking time. **Microwave** (from frozen): burger on a microwave safe plate, microwave on seconds turn over and cook for another for 2 burgers, microwave for 4 mins until ut turning halfway through cooking time. 1 min. **Based on 1000 watt microwave.*

frozen): Preheat grill to medium heat. rs with oil, grill 4-5 mins, turning half cooking. Cover and cook for an additional browned and hot throughout, brushing

Oven (from frozen): Preheat oven to 375°F. on non-stick baking sheet and bake for 10 mins until browned and hot throughout, half way through cooking. *Tip: Do not overcook. temperature reaches minimum of 165°F.*

Meal ideas

°F. Cook burgers as per cooking le into ¼"-½" pieces and spread in baking dish. Spread sour cream able) over bean mixture and top with cheese and jalapenos. Cover and bake for an additional 10 minutes uncover and bake for an additional 10 minutes or until cheese is melted. Garnish with green onions and tortilla chips. Visit www.gardein.com for more meal ideas.

gardein
garden grown protein

ingredients:

gardein™: water, cooked black beans, expeller pressed canola oil*, cooked brown rice, roasted yellow corn*, onion, tomato paste, soy protein concentrate*, roasted red and green bell peppers, organic cane sugar, potato starch, modified vegetable gum, sea salt, yeast extract, onion powder, spices, garlic powder, paprika, black bean powder, natural flavors (from plant sources), tomato powder, citric acid, lactic acid, instant coffee, molasses.

*Non genetically engineered canola oil, corn and soybeans. Manufactured in a facility that also processes wheat products.

CERTIFIED VEGAN

140 calories | 0 cholesterol | 0 trans fat | gluten-free

PER SERVING

BEST BEFORE | KEEP FROZEN

Nutrition Facts

Serving Size Per 1 Burger (95 g)
Servings per Container 4

Amount Per Serving	
Calories 140	Calories from fat 50
	% Daily Value*
Total Fat 6 g	9%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 420 mg	18%
Total Carbohydrate 18 g	6%
Dietary Fiber 7 g	28%
Sugars 2 g	
Protein 6 g	

Vitamin A 2% • Vitamin C 4%
Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Manufactured by:
Garden Protein International Inc.
Richmond V6V 2C8 Canada
MADE IN CANADA

www.gardein.com

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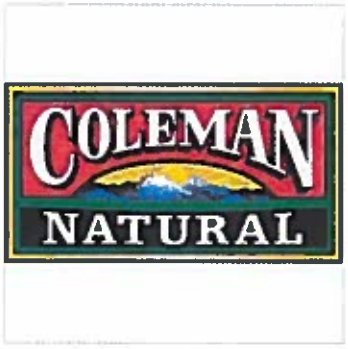
Print Page



Front-of-house product application

FC Breaded Gluten Free Whole Muscle Tenderloins (13203)

Fully cooked breaded chicken breast tenderloins certified gluten free by the Gluten Free Certification Organization. These all-natural breaded chicken tenderloins are produced from chicken raised without antibiotics and fed an all-vegetarian diet.

Product Information

Product Code: 13203
Case GTIN: 10072745132039
Item GTIN:
Case Count: 2/5 lb.
Piece Count:

Case Weight: 10 lbs. net wt.
Case Dimensions: 15.88 x 9.88 x 6.56
Case Cube: 0.6
Pallet Tie/High: 12 x 7
Cases per Pallet: 84

Ingredients

Chicken Breast Tenderloins**, Water, Rice Starch, Sea Salt. BREADED WITH: Corn Flake Crumb (Yellow Corn Meal, Sugar, Salt), Salt, Soybean Oil, Corn Starch, Spices and Spice Extractives (Including Extractives of Paprika), Rice Flour, Tapioca Dextrin. PREDUSTED AND BATTERED WITH: Rice Flour, Water, Corn Starch,Salt, Spices and Spice Extractives (Including Extractive of Paprika and Extractive of Turmeric), Garlic Powder, Onion Powder. Breading Set In Vegetable Oil. ALLERGENS: None

Nutritional Information**

Serving Size: 3 oz. (84g) Servings Per Case: 106/case	
Amount per Serving	
Calories: 130	**Calories from Fat:** 42
	% Daily Value*
Total Fat: 5 grams	7 %
Saturated Fat: > 1 grams	4 %
Trans Fat: 0 grams	
Cholesterol: 32 mg	32 %
Sodium: 364 mg	15 %
Total Carbohydrate: 10 grams	3 %
Dietary Fiber: 0 g	2 %
Sugars: 0 grams	
Protein: 11 grams	23 %
Vitamin A: 0 %	Vitamin C: 1 %
Calcium: 0 %	Iron: 2 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
**This is a representation of the nutrition label. The actual nutrition label may vary slightly.

Features & Benefits

Made from chicken raised with:
No Antibiotics Ever
All-Vegetarian Diet
No Animal By-Products
Humanely Raised on Family Farms
Certified Gluten Free
All-Natural Ingredients
Minimally processed

Other Information

Product Handling
365 day shelf life from pack date @ 0°F. 60 day guarantee to 1st receiver.

Storage Type
FROZEN

Preparation & Cooking
OVEN: 10-12 minutes at 375°F. FRYER: 3 minutes at 375°F. Appliances may vary, adjust heat times accordingly. Reheat product to an internal temperature of 165°F.

Serving Suggestions

- Information coming soon.


THE EXCELLENT NUGGET
bell&Evans
AIR-CHILLED
UNCOOKED
FOR SAFETY, THIS PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 170° F. AS MEASURED BY USE OF A MEAT THERMOMETE
BREADED
CHICKEN BREAST
NUGGETS
FLAVOR AND MOISTURE ASSURED
WITH UP TO 6% MARINADE
OLE BREAST MEAT PIECES!
SED WITHOUT ANTIBIOTICS
luten Free
T WT 12 oz (340g)
PER SERVING
190 CALORIES
1g SAT FAT
470mg SODIUM
1g SUGARS
20g PROTEIN
KEEP FROZEN
SERVING SUGGESTION
Nutrition Facts
Serving Size 4oz (113g)
Servings Per Container 3
Amount Per Serving
Calories 190 Calories from Fat 6
% Daily Valu
Total Fat 7g 11
Saturated Fat 1g 5
Trans Fat 0g
Cholesterol 50mg 17
Sodium 470mg 20
Potassium 300mg 9
Total Carbohydrate 13g 4
Dietary Fiber 1g 4
Sugars 1g
Protein 20g
Vitamin A 2% • Vitamin C
Calcium 2% • Iron
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,50
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300
Sodium Less than 2,400mg 2,40
Total Carbohydrate 300g 375
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4
INGREDIENTS:
Chicken Breast Meat, Water, Sea Salt. Br
with Rice Flour, Water, Degermed Yellow
Flour, Xanthan Gum, Evaporated Cane Ju
Sea Salt, Soybean Oil, Yeast, Ascorbic Ac
Whole Egg, Spice, Garlic Powder, Onion F
Flash fried in soybean oil to set breading.
ALLERGEN INFORMATION:
Contains Egg.

Gluten Free

Ian's

NO ARTIFICIAL FLAVORS, COLORS, OR PRESERVATIVES...EVER™

Nutrition Facts

Serving Size 5 nuggets (84g)
Servings Per Container about 7

Amount Per Serving	
Calories 200	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 310mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber less than 1g	4%
Sugars 0g	
Protein 13g	

Vitamin A 0% • Vitamin C 2%
Calcium 4% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
	Fat	Less than	65g	80g
	Fat	Less than	20g	25g
	esterol	Less than	300mg	300mg
Sodium		Less than	2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Chicken nuggets (skinless, boneless no added antibiotics or hormone* chicken breast, canola oil, potato flakes, water, sea salt). Coated with batter: (water, yellow corn flour, corn starch, baking powder, garlic powder, sea salt) and breaded with cornflake crumbs (milled corn, cane sugar, sea salt). Cooked in expeller-pressed canola oil.
Chicken raised without added antibiotics or growth hormones. *Federal regulations prohibit the use of added hormones in poultry.

Made in our own dedicated peanut-free, tree nut-free facility.

22355 V6
IAN'S WFGF
CHICKEN NUGGETS
FAMILY PACK

NET WT. 20oz (567 g)

UNCOOKED • KEEP FROZEN

FOR FOOD SAFETY, MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165° F AS MEASURED BY A THERMOMETER.

Family Pack

Gluten-Free Chicken Breast Nuggets

Ian's

NO ARTIFICIAL FLAVORS, COLORS, OR PRESERVATIVES...EVER™

Chicken nuggets

INSPECTED FOR U.S. DEPARTMENT OF AGRICULTURE P-19011

SERVING SUGGESTION ENLARGED TO SHOW TEXTURE

Ian's

NO ARTIFICIAL FLAVORS, COLORS, OR PRESERVATIVES...EVER™

Chicken nuggets


van's
natural foods
wheat·gluten
free
nch toast sticks
Dairy &
Egg Free
Made with
Whole
Grain
ALL NATURAL SLICES
NET WT 8.5 OZ (241g)
SERVING
SUGGESTION
cinnam
Nutrition Fact
Serving Size 2 Slices (80g)
Servings Per Container 3
Calories 190
Calories from Fat
Total Fat 3.5g
Saturated Fat 0g
Trans Fat 0g
Cholesterol 0mg
Sodium 310mg
Total Carbohydrate 39g
Dietary Fiber 1g
Sugars 12g
Protein 2g
Vitamin A 0% • Vitamin C
Calcium 30% • Iron

van's natural foods

Waffles prepared with love and healthy ingredients. Hold the wheat and gluten.

Nutrition Facts

Serving Size 2 Waffles (85g)
Servings Per Container 3

Amount Per Serving	
Calories 230	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	15%
Total Carbohydrate 37g	12%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A 2% • Vitamin C 4%	
Calcium 4% • Iron 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: (that we are PROUD of!)

Water, Van's Gluten Free Flax Mix (Brown Rice Flour, Potato Starch, Rice Flour, Flax Meal, Soy Flour), Canola Oil, Van's Natural Fruit Juice Blend (Pineapple, Peach, and Pear Juice Concentrates), Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Rice Flour, Monocalcium Phosphate), Sea Salt, Soy Lecithin, Guar Gum.

CONTAINS: Soy.

Our Gluten Free Promise

At Van's, we are absolutely committed to upholding the highest standards of allergen safety. Every batch of our wheat free waffles is tested for the presence of gluten, dairy & eggs so you can enjoy them with confidence.

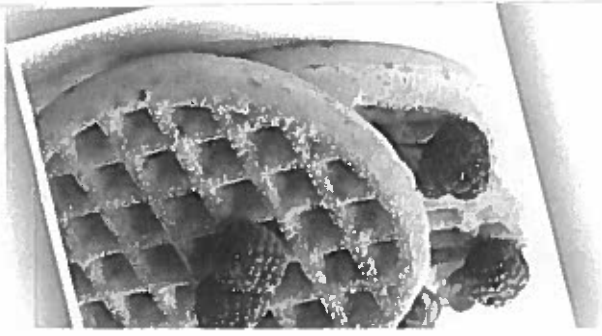
Check out our other varieties. (A friendly disclaimer: Some of these do contain gluten!)

MANUFACTURED BY: VAN'S NATURAL FOODS
3285 EAST VERNON AVE., VERNON, CA 90058 **www.vansfoods.com**

PRODUCT MUST BE COOKED BEFORE EATING. COOK THOROUGHLY. For food safety and quality, follow these directions. **COOKING DIRECTIONS:** Keep frozen until ready to heat and serve. Van's waffles are best heated in an oven to maintain the crispness that makes them unique. An adult should supervise heating by children.

OVEN or TOASTER OVEN COOKING DIRECTIONS: Preheat oven to 400°F. Place waffles on wire rack in oven for at least 10 minutes. If waffle is not golden brown after 10 minutes, cook for additional time. While individual oven temperatures & times may vary, waffles must be cooked for at least 10 minutes. REMOVE from oven. CAUTION: Waffle will be hot.

TOASTER COOKING DIRECTIONS: Toast waffles on medium setting for at least 2 minutes. If waffle is not golden brown after 2 minutes, toast for additional time. While individual toaster settings & times may vary, waffles must be cooked for at least 2 minutes. REMOVE from toaster. (Do not use metal utensil to remove.) CAUTION: Waffle will be hot.



van's natural foods

wheat-gluten free waffles

Good things come from Sysco | eNutrition

6/4ct = 24 rolls

SYSCO eNutrition > Search Food Products Only > Product Detail > Nutrition Information

Bun Hamburger Gluten Free

Printer Friendly

SUPC: 7097944

Nutrition Information

Serving Size: 1 bun (55 grams)

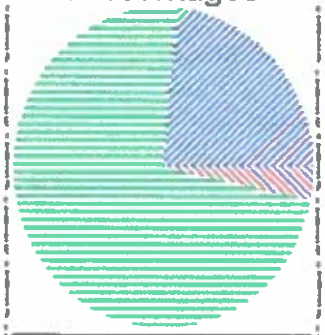
Amount Per Serving

Calories: 120 Calories from Fat: 27

		% Daily Value*
Total Fat:	3 GM	5%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	150 MG	6%
Potassium:	NA	NA
Total Carbohydrate:	21 GM	7%
Dietary Fiber:	4 GM	16%
Sugars:	3 GM	
Protein:	1 GM	

Vitamin A: 0%	•	Vitamin C: 0%	
Calcium: 2%	•	Iron: 8%	
Thiamin: 15%	•	Riboflavin: 6%	
Niacin: 8%	•	Vitamin B-6: 0%	

Calorie Percentages



PRO - 3.48%
CHO - 73.04%
FAT - 23.48%

Ingredients:
Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower or Sunflower Oil, Pear Juice Concentrate, Bamboo Fiber, Yeast, Methylcellulose,Tapioca Syrup, Guar Gum, Organic Palm Fruit Oil, Salt, Orange Citrus Fiber, Calcium Phosphate, Glucono Delta Lactone (from rice). Enriched with Thiamin (Vitamin B1), Riboflavin(Vitamin B2), Niacin, Iron and Folic Acid

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.

Contact Us Help Log Out

SYSCO eNutrition > Search Food Products Only > Product Detail > Nutrition Information

Bun Hot Dog Gluten Free

6/4 ct = 24 buns

Printer Friendly

SUPC: 7097957

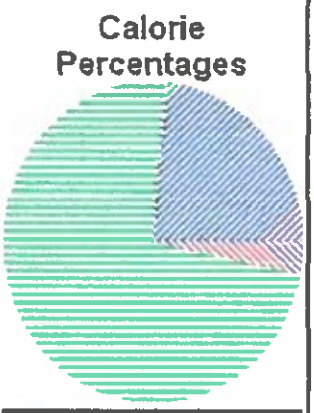
Nutrition Information

Serving Size: 1 bun (55 grams)

Amount Per Serving		
Calories: 120		Calories from Fat: 27
		% Daily Value*
Total Fat:	3 GM	5%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	150 MG	6%
Potassium:	NA	NA
Total Carbohydrate:	21 GM	7%
Dietary Fiber:	4 GM	16%
Sugars:	3 GM	
Protein:	1 GM	

Vitamin A: 0% • Vitamin C: 0%
Calcium: 2% • Iron: 8%
Thiamin: 15% • Riboflavin: 6%
Niacin: 8% • Vitamin B-6: 0%

Ingredients:
Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower or Sunflower Oil, Pear Juice Concentrate, Bamboo Fiber, Yeast, Methylcellulose,Tapioca Syrup, Guar Gum, Organic Palm Fruit Oil, Salt, Orange Citrus Fiber, Calcium Phosphate, Glucono Delta Lactone (from rice). Enriched with Thiamin (Vitamin B1), Riboflavin(Vitamin B2), Niacin, Iron and Folic Acid



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Notes

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2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.


Nutrition Facts
Serving Size 1 slice (30g)
Servings Per Container 13
Calories 60
Calories From Fat 10
Amount Per Serving % Daily Value*
Total Fat 1g 2%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 120mg 5%
Amount Per Serving % Daily Value*
Total Carbohydrate 11g 4%
Dietary Fiber 2g 8%
Sugars 1g
Protein 1g
Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4
ten-free
Schär
Soft, fluffy, light and moist!
gluten-free · wheat-free
CLASSIC WHITE BREAD
NOW EVEN NEW! SOFTER
NET WT 14.1 oz (400g)


Nutrition Facts
Serving Size 1 slice (30g)
Servings Per Container 13
Calories 70
Calories From Fat 10
Amount Per Serving % Daily Value*
Total Fat 1g 2%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 150mg 6%
Amount Per Serving % Daily Value*
Total Carbohydrate 13g 4%
Dietary Fiber 2g 8%
Sugars 1g
Protein 2g
Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 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:
Calories 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4
DEDICATED
gluten-free
Schär
Soft, fluffy, light and moist!
gluten-free · wheat-free
MULTIGRAIN BREAD
EUROPE'S #1 gluten-free
NET WT 14.1oz (400g)

Good things come from Sysco | eNutrition

Bread Brown Gluten Free

Printer Friendly

SUPC: 7803576

Nutrition Information

Serving Size: 1 slice (38 grams)

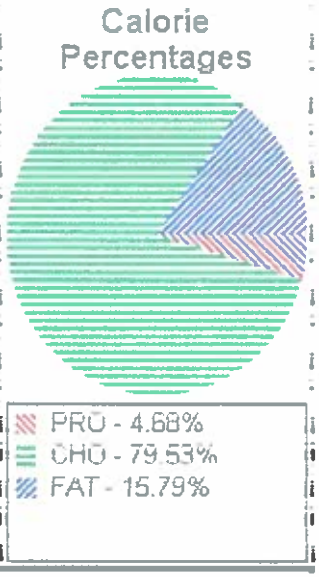
Amount Per Serving

Calories: 80 | Calories from Fat 14

		% Daily Value*
Total Fat:	1.5 GM	2%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	200 MG	8%
Potassium:	NA	NA
Total Carbohydrate:	17 GM	6%
Dietary Fiber	0 GM	2%
Sugars	0 GM	
Protein:	1 GM	

Vitamin A: 0% • Vitamin C 0%

Calcium: 0% • Iron: 0%



Ingredients:

ice flour, potato starch, water, non-hydrogenated canola oil, sugar, salt, methylcellulose (thickening ent), yeast, natural color, calcium propionate (preservative) and monoglycerides.

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.

Good things come from Sysco | eNutrition

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ead Multigrain Gluten Free

Printer Friendly

SUPC: 8624878

Nutrition Information

Serving Size: 1 slice (30 grams)

Amount Per Serving

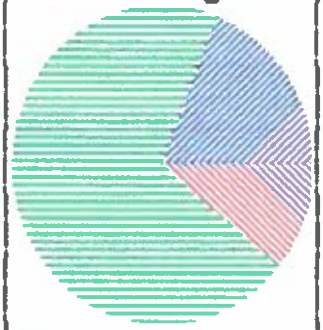
Calories: 70 Calories from Fat: 14

		% Daily Value*
Total Fat:	1.5 GM	2%
Saturated Fat:	0.5 GM	2%
Trans Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	140 MG	6%
Potassium:	NA	NA
Total Carbohydrate:	12 GM	4%
Dietary Fiber:	2 GM	8%
Sugars:	1 GM	
Protein:	2 GM	

Vitamin A: 0% • Vitamin C: 0%

Calcium: 0% • Iron: 2%

Calorie Percentages



PRO - 11.51%
CHO - 69.06%
FAT - 19.42%

Ingredients:
water, corn starch, rice flour, potato starch, wholemeal rice flour, soy flakes, sugar, guar gum, ydroxypropyl methylcellulose, millet flakes, palm oil, buckwheat seeds, soy protein isolate, yeast, salt, ple juice concentrate (sweetener, tartaric acid

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.

Bread White Sndw Gluten Free

Printer Friendly

SUPC: 0505598

Nutrition Information

Serving Size: 2 Slices (49 grams)

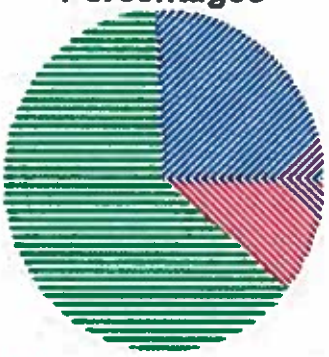
Amount Per Serving		
Calories: 140	Calories from Fat: 36	
		% Daily Value*
Total Fat:	4 GM	6%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	0 MG	0%
Sodium:	300 MG	12%
Potassium:	NA	NA
Total Carbohydrate:	22 GM	7%
Dietary Fiber:	1 GM	4%
Sugars:	2 GM	
Protein:	4 GM	

Vitamin A: 0% • Vitamin C: 0%

Calcium: 2% • Iron: 2%

Ingredients:
UDI'S BEST BLEND (TAPIOCA & POTATO STARCH, BROWN RICE FLOUR, MODIFIED TAPIOCA STARCH), WATER, NON-GMO VEGETABLE OIL (CANOLA OR SUNFLOWER OR SAFFLOWER), EGG WHITES, TAPIOCA MALTODEXTRIN, EVAPORATED CANE JUICE, TAPIOCA SYRUP, YEAST, XANTHAN GUM, SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), CULTURED CORN SYRUP SOLIDS (NATURAL MOLD INHIBITOR), ENZYMES. CONTAINS EGG.

Calorie Percentages



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Tortilla Corn Yel 6"

Printer Friendly

SUPC: 5250485

Nutrition Information

Serving Size: 4 piece(s) (57 grams)

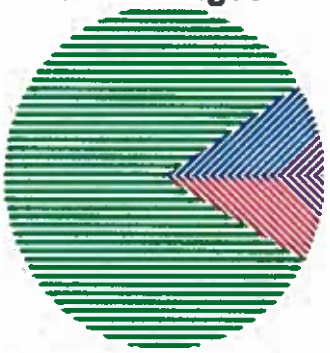
Amount Per Serving		
Calories: 140	Calories from Fat: 14	
		% Daily Value*
Total Fat:	1.5 GM	2%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	0 MG	0%
Sodium:	5 MG	0%
Potassium:	NA	NA
Total Carbohydrate:	29 GM	10%
Dietary Fiber:	2 GM	8%
Sugars:	0 GM	
Protein:	3 GM	

Vitamin A: 0% • Vitamin C: 0%

Calcium: 2% • Iron: 4%

Ingredients:
Whole ground corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid and phosphoric acid (to preserve freshness), guar gum, amylase.

Calorie Percentages



PRO - 8%
CHO - 82%
FAT - 10%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.


Pas Yisroel
David's
Gluten Free
a bite above the rest
Chocolate Chip Brownie
Certified GF Gluten-Free
Nutrition Facts
Serving Size 1 brownie, 3.5oz (100g)
Servings Per Container 1
Calories 420
Calories from Fat 180
Total Fat 21g 32%
Saturated Fat 4.5g 23%
Trans Fat 0g
Cholesterol 85mg 28%
Sodium 115mg 5%
Total Carbohydrate 56g 19%
Dietary Fiber 1g 4%
Sugars 44g
Protein 5g
Vitamin A 2% • Vitamin C 0% Calcium 4% • Iron 15%
Gluten Free
Dairy Free
Nut Free
INGREDIENTS: sugar, eggs, soybean oil, cocoa powder, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), brown rice flour, gluten-free whole oat flour, potato starch, tapioca starch, invert sugar, natural vanilla flavor, salt, xanthan gum, baking soda.
CONTAINS: EGG, SOY.
0 49578 76330 6
Manufactured by David's Cookies
in a Gluten Free, Nut Free and Dairy Free facility in Fairfield NJ 07004.
15 168


Pas Yisroel
David's
Gluten Free
a bite above the rest
Snickerdoodle Cookie
Certified GF Gluten-Free
Nutrition Facts
Serving Size 1 cookie, 3oz (85g)
Servings Per Container 1
Calories 380
Calories from Fat 150
Total Fat 17g 26%
Saturated Fat 6g 30%
Trans Fat 0g
Cholesterol 35mg 12%
Sodium 270mg 11%
Total Carbohydrate 55g 18%
Dietary Fiber 2g 8%
Sugars 28g
Protein 3g
Vitamin A 6% • Vitamin C 0% Calcium 2% • Iron 4%
Gluten Free
Dairy Free
Nut Free
INGREDIENTS: sugar, brown rice flour, parve margarine (palm fruit oil, soybean oil, olive oil water, salt, mono and diglycerides, soy lecithin, potassium sorbate as a preservative, natural flavor, vitamin A palmitate, beta carotene color), eggs, gluten-free whole oat flour, potato starch, tapioca starch, palm oil, invert sugar, modified corn starch, natural vanilla flavor, xanthan gum, salt, baking soda, baking powder (sodium acid pyrophosphate, corn starch, baking soda, mono calcium phosphate), cinnamon.
CONTAINS: EGG, SOY.
0 49578 76322 1
Manufactured by David's Cookies
in a Gluten Free, Nut Free and Dairy Free facility in Fairfield NJ 07004.
15 089


Pas Yisroel
David's
Gluten Free
a bite above the rest
Chocolate Chip Cookie
Certified GF Gluten-Free
Nutrition Facts
Serving Size 1 cookie, 3oz (85g)
Servings Per Container 1
Calories 380
Calories from Fat 170
Total Fat 19g 29%
Saturated Fat 8g 40%
Trans Fat 0g
Cholesterol 30mg 10%
Sodium 210mg 9%
Total Carbohydrate 54g 18%
Dietary Fiber 3g 12%
Sugars 33g
Protein 4g
Vitamin A 8% • Vitamin C 0% Calcium 2% • Iron 20%
Gluten Free
Dairy Free
Nut Free
INGREDIENTS: chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), brown sugar, parve margarine (palm fruit oil, soybean oil, olive oil water, salt, mono and diglycerides, soy lecithin, potassium sorbate as a preservative, natural flavor, vitamin A palmitate, beta carotene color), brown rice flour, eggs, sugar, gluten-free whole oat flour, tapioca starch, potato starch, palm oil, invert sugar, modified corn starch, natural vanilla flavor, xanthan gum, salt, baking soda.
CONTAINS: EGG, SOY.
Manufactured by David's Cookies
in a Gluten Free, Nut Free and Dairy Free facility in Fairfield NJ 07004.

Nutrition Facts

Serving Size 1 Donut (68 g/2.4 oz)
Serving Per Container 6

Amount/serving	
Calories 240	Calories From Fat 80
	% Daily Value*
t 9g	14%
ated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 55mg	19%
Sodium 270mg	11%
Total Carbohydrate 39g	13%
Dietary Fiber 1g	3%
Sugars 17g	
Protein 1g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
fat 9 • Carbohydrate 4 • Protein 4

REE FLOUR (WHITE RICE, CORN STARCH, TAPIOCA), WATER, SUGAR, EGGS, OWDER, XANTHAN GUM, SALT, DONUT GLAZE (CONFECTIONERY SUGAR, AR, WATER, PALM OIL, SALT, VANILLA, AGAR, LOCUST BEAN GUM).
CONTAINS EGGS. **FREE OF:** DAIRY, NUT, SOY

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ברכתו שהכל

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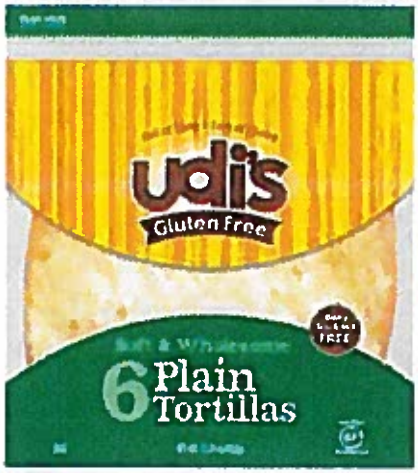
PRODUCT OF USA

Large Tortillas



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Share 13

Price - $5.20 (11.5¢/1)

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This item is not yet available online.

Find Stores

Description

Quesadillas, Fajitas, Burritos . . . Oh my! Finally a great tasting gluten free tortilla. Pick some up today and have a fiesta tonight! Available in small or large sizes.

Ingredients

INGREDIENTS: WATER, TAPIOCA STARCH, MODIFIED POTATO STARCH, SWEET RICE FLOUR, SUGARCANE FIBER, TAPIOCA SYRUP, PALM OIL, EGG WHITES, PEA PROTEIN, TAPIOCA MALTODEXTRIN, GLYCERINE, CANE SYRUP, GUM (XANTHAN GUM, SODIUM ALGINATE, GUAR GUM), CELLULOSE GUM, CULTURED CORN SYRUP SOLIDS AND CITRIC ACID (NATURAL MOLD INHIBITOR), SALT, LACTIC ACID, ENZYMES, FUMARIC ACID. CONTAINS: EGG

Nutrition Facts

Serving Size 1 tortilla (72g)
Servings Per Container 8

Amount Per Serving

Calories 170	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 27g	9%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 5g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Gluten Free

has never tasted so good.®

kinnikinnick FOODS

KINNI Kritters

Animal Cookies

KINNI Kritters
Animal Cookies

Nutrition Facts

Serving Size 8 Cookies (20g)
Servings Per Container 11

Amount Per Serving	
Calories 90 Calories from Fat 15	
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 2%	

*Percent Daily Values are based on a 2000 calorie diet.

Produced in a dedicated Gluten Free, Wheat Free, Dairy Free, Peanut Free and Tree Nut Free facility.

ALLERGY ALERT: May contain traces of eggs.

INGREDIENTS: Sugar, pea starch, potato starch, non hydrogenated shortening (palm fruit and/or canola), white rice flour, tapioca starch, water, glucose, pea protein, salt, pea fibre, vanilla, guar gum, sodium carboxy methylcellulose, inulin, sodium bicarbonate, **soy lecithin**, natural colour (glycerine, beta-carotene).

INSTRUCTIONS: This product contains no preservatives. Store in a sealed container in a cool, dry place.

OZ

DELICIOUSLY ORGANIC

Envirokidz

NATURE'S PATH

Organic

Animal Cookies

Vanilla

Gluten Free!

0 58449 42004 0

USDA ORGANIC

NO TRANS FATS

NET WT. 9 OZ (255g)

INGREDIENTS: Organic evaporated cane juice, organic brown rice flour, organic corn flour, organic white rice flour, organic palm shortening, organic cornstarch, organic low fat soy flour, organic corn syrup, organic vanilla and natural flavors, sea salt, sodium bicarbonate, (leavening agent), organic soy lecithin (added as an emulsifier), xanthan gum, organic cinnamon.

Nutrition Facts

Serving size: 9 cookies (28 g)
Servings per container: About 9

Amount Per Serving	
Calories	120
Calories from Fat	35
	Daily Value*
Total Fat 4 g	6 %
Saturated Fat 1.5 g	8 %
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 80 mg	3 %
Total Carbohydrate 20 g	7 %
Dietary Fiber <1 g	3 %
Sugars 8 g	
Protein 2 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

QUALITY GUARANTEE

If you're not satisfied with this product, se
the box bottom with freshness code to:

Consumer Services
Nature's Path Foods
250 H Street, #275
Blaine, WA 98230 USA

This product is third-party certified organic
Quality Assurance International (QAI)

www.naturespath.com
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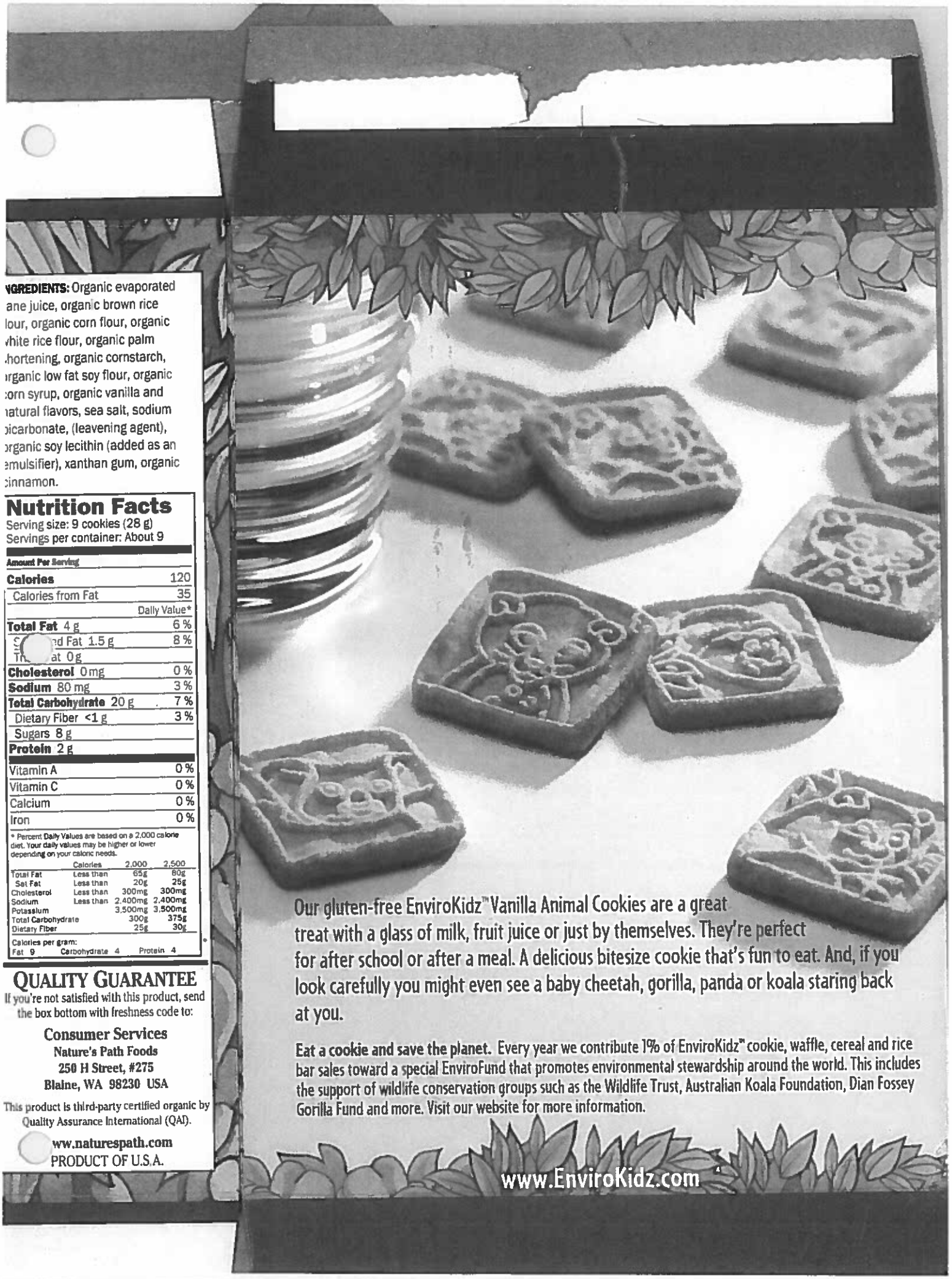


INGREDIENTS: Organic evaporated cane juice, organic brown rice flour, organic corn flour, organic white rice flour, organic palm shortening, organic cornstarch, organic low fat soy flour, organic corn syrup, organic vanilla and natural flavors, sea salt, sodium bicarbonate, (leavening agent), organic soy lecithin (added as an emulsifier), xanthan gum, organic cinnamon.

Nutrition Facts

Serving size: 9 cookies (28 g)
Servings per container: About 9

Amount Per Serving	
Calories	120
Calories from Fat	35
	Daily Value*
Total Fat 4 g	6 %
Saturated Fat 1.5 g	8 %
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 80 mg	3 %
Total Carbohydrate 20 g	7 %
Dietary Fiber <1 g	3 %
Sugars 8 g	
Protein 2 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

QUALITY GUARANTEE

If you're not satisfied with this product, send the box bottom with freshness code to:

Consumer Services
Nature's Path Foods
250 H Street, #275
Blaine, WA 98230 USA

This product is third-party certified organic by Quality Assurance International (QAI).

www.naturespath.com
PRODUCT OF U.S.A.

Our gluten-free EnviroKidz™ Vanilla Animal Cookies are a great treat with a glass of milk, fruit juice or just by themselves. They're perfect for after school or after a meal. A delicious bitesize cookie that's fun to eat. And, if you look carefully you might even see a baby cheetah, gorilla, panda or koala staring back at you.

Eat a cookie and save the planet. Every year we contribute 1% of EnviroKidz™ cookie, waffle, cereal and rice bar sales toward a special EnviroFund that promotes environmental stewardship around the world. This includes the support of wildlife conservation groups such as the Wildlife Trust, Australian Koala Foundation, Dian Fossey Gorilla Fund and more. Visit our website for more information.

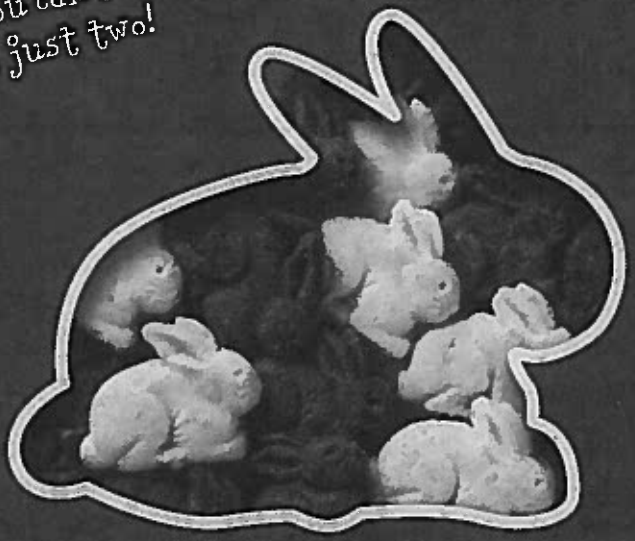
www.EnviroKidz.com

Gluten Free | Made with Rice & Corn Flour | Totally Natural | 0g Trans Fat | No Artificial Ingredients or Preservatives

Annie's HOMEGROWN

KANGAROO APPROVAL
TOTALLY NATURAL

You can't eat just two!



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All-Natural Mini Cookies

NET WT 6.75 OZ (191g)

WE REDUCE OUR BUNNY FOOTPRINT BY USING:

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MINIMUM 35% POST-CONSUMER CONTENT

RENEWABLE ENERGY CREDITS

BIO-DIESEL TRANSIT

PLEASE REDUCE YOUR FOOTPRINT, TOO! RECYCLE/REUSE THIS BOX.

0 13562 00019 7

00019A-0810

Nutrition Fact

Serving Size 27 Cookies (30g
Servings Per Container Abou

Amount Per Serving	% Daily V
Calories	
Calories from Fat	
Total Fat 3.5g	
Saturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 105mg	
Total Carbohydrate 19g	
Dietary Fiber 1g	
Sugars 9g	
Protein 2g	

Vitamin A 0% • Vitamin C
Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,0 calorie diet. Your daily values may be hig or lower depending on your calorie nee

	Calories:	2,000	2,50
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300
Sodium	Less than	2,400mg	2,40
Total Carbohydrate		300g	375
Dietary Fiber		25g	30g

BEST INGREDIENTS:
CANE SUGAR, RICE FLOUR, YELLOW CORN FLOUR*, PALM OIL, BROWN RICE FLOUR, CORN STARCH*, SOY FLOUR*, ORGANIC TAPIOCA STARCH, ORGANIC TAPIOCA SYRUP, ALKALIZE COCOA, NATURAL CHOCOLATE AND VANILLA FLAVORS, SALT, BAKING SODA, SOY LECITHIN*, XANTHAN GU

*GROWN AND PROCESSED WITHOUT GMOs

CONTAINS SOY INGREDIENTS.

MADE IN A PEANUT-FREE AND TREE NUT-FREE FACILITY.

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enjoy life
eat freely

Nutrition Facts

Serving Size 2 Cookies (28g)
Servings Per Container 6

Amount Per Serving	
Calories 120	Calories from Fat 50
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 105mg	**4%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 2g	**8%**
Sugars 10g	
Protein 1g	

Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Sorghum Flour, Brown Pure Cane Sugar, Date Paste, Expeller-Pressed Vegetable Oil (Safflower Oil and/or Sunflower Oil), Juice Concentrate (Grape, Apple, Pear), Chocolate Chips (Evaporated Cane Juice, Natural Chocolate Liquor (Non-Alcoholic), Non-Dairy Cocoa Butter), Natural Process Cocoa Powder, Natural Rice Dextrin, Baking Soda, Salt, Xanthan Gum, Vanilla, Rosemary Extract.

MADE IN A DEDICATED NUT AND GLUTEN-FREE BAKERY

Certified GF Gluten-Free

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soft-baked double chocolate brownie cookies

enjoy life
eat freely

FREE OF THE 8 COMMON ALLERGENS
GLUTEN FREE

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GLUTINO

Apple Breakfast Bars

GLUTEN FREE

WHEAT FREE

DAIRY FREE

CHOLESTEROL FREE

GOOD SOURCE OF FIBER

LOW FAT

THIS BOX IS MADE WITH 100% RECYCLED FIBRES.

6 78523 03070 7

11-1004-M
02BOX62 V5

120999

8

Nutrition Facts

Serving Size 1 bar (40g)
Servings Per Container 5

Amount Per Serving	
Calories 140	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 17g	
Protein 2g	

Vitamin A	0%	• Vitamin C	0%
Calcium	2%	• Iron	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:

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Apple

Try our other flavors

INGREDIENTS: APPLE FILLING (SUGAR, APPLE POWDER [CALCIUM STEARATE], WHITE GRAPE JUICE CONCE WATER, GLYCERIN, CORN STARCH, CANOLA OIL, CITRIC ACID, SODIUM ALGINATE, MALIC ACID, SODIUM HEX PHOSPHATE, DICALCIUM PHOSPHATE, DRIED CITRUS PULP, SODIUM CITRATE, NATURAL FLAVOR), CH FLOUR, POTATO STARCH, FRUCTOSE, PEAR JUICE CONCENTRATE, RAISIN PASTE, INULIN, CANOLA OIL, STARCH, WHITE RICE FLOUR, WATER, SODIUM BICARBONATE.
MAY CONTAIN SOY.

glutino

@glutinofoods

Breakfast Bar Bry Gltn Free

Printer Friendly

SUPC: 6924524

Nutrition Information

Serving Size: 1 bar (28 grams)

Amount Per Serving

Calories: 100	Calories from Fat: 9

		% Daily Value*
Total Fat:	1 GM	2%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	0 MG	0%
Sodium:	65 MG	3%
Potassium:	NA	NA
Total Carbohydrate:	21 GM	7%
Dietary Fiber:	1 GM	4%
Sugars:	8 GM	
Protein:	1 GM	

Vitamin A: 0% • Vitamin C: 0%

Calcium: 0% • Iron: 2%

Ingredients:

Organic brown rice syrup, organic rice crisp (organic rice, organic evaporated cane juice, salt, organic brown rice syrup), organic corn flakes (organic corn meal, organic concentrated grape juice, sea salt), organic honey, organic evaporated cane juice, natural wildberry flavor, organic quinoa, organic buckwheat, organic flax seeds, organic sesame seeds, organic high oleic sunflower oil, organic blueberries (organic wild blueberries, organic cane juice, organic sunflower oil), organic dried strawberries (organic strawberries, organic cane sugar, organic canola oil).May Contain: Traces of peanuts, tree nuts, milk, egg, soy.

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Cereal Rice Chex Gluten Free

Printer Friendly

SUPC: 7560147

Nutrition Information

Serving Size: 27 GR (27 grams)

Amount Per Serving		
Calories: 100		Calories from Fat: 0
		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	240 MG	10%
Potassium:	35 MG	1%
Total Carbohydrate:	23 GM	8%
Dietary Fiber:	1 GM	4%
Sugars:	2 GM	
Protein:	2 GM	

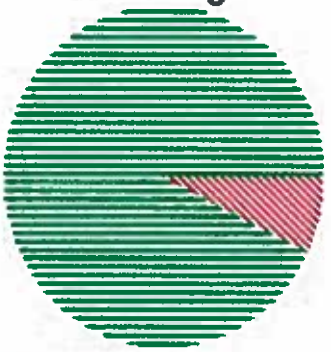
Vitamin A: 10% • Vitamin C: 10%

Calcium: 10% • Iron: 50%

Phosphorus: 4% •

Ingredients:
Whole Grain Rice, Rice, Sugar, Salt, Molasses. Vitamin E (mixed tocopherols) and BHT Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Calorie Percentages



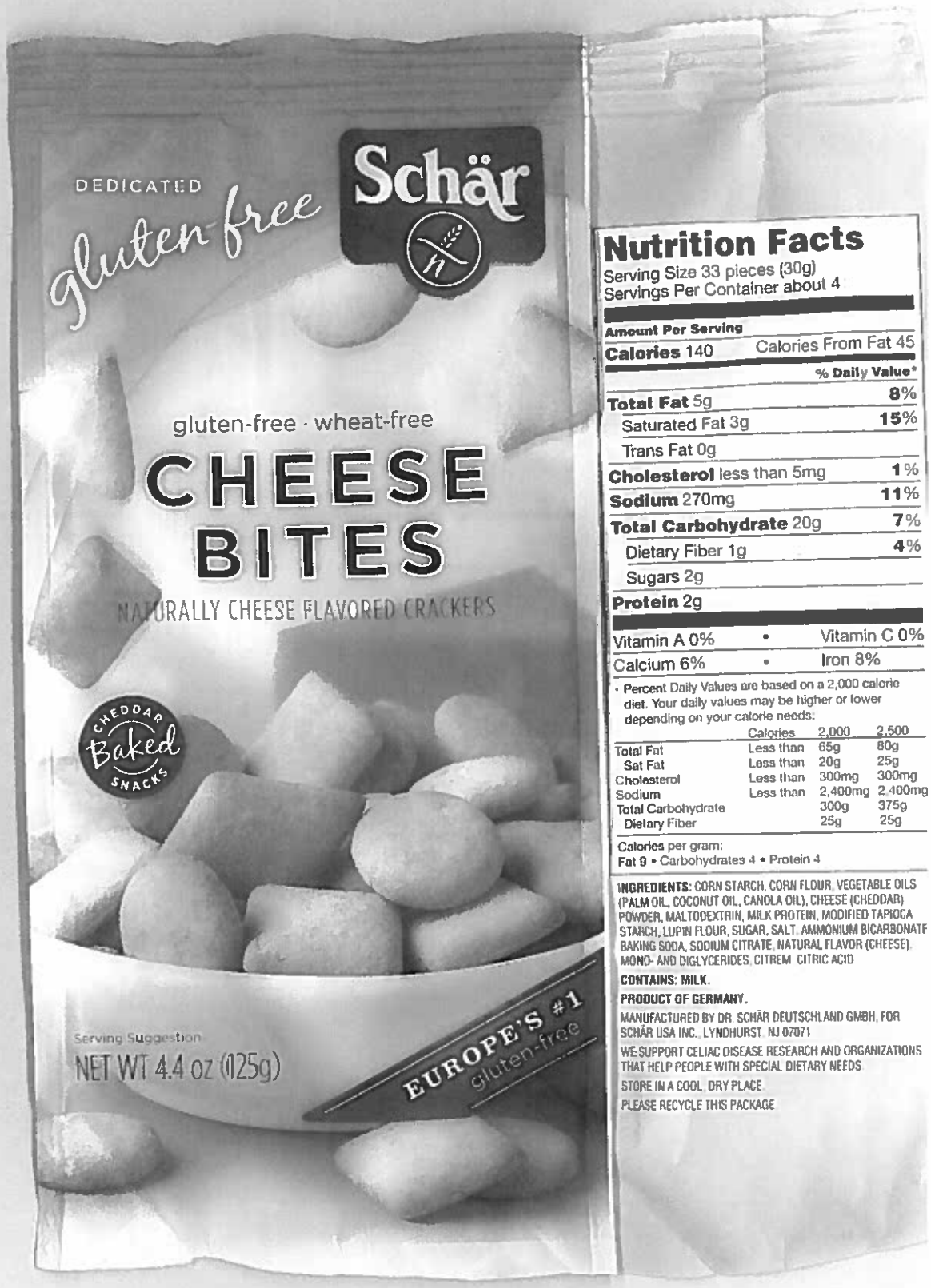
PRO - 8%
CHO - 92%
FAT - 0%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Nutrition Facts

Serving Size 33 pieces (30g)
Servings Per Container about 4

Amount Per Serving	
Calories 140	Calories From Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol less than 5mg	**1%**
Sodium 270mg	**11%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 6%	•	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	25g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

INGREDIENTS: CORN STARCH, CORN FLOUR, VEGETABLE OILS (PALM OIL, COCONUT OIL, CANOLA OIL), CHEESE (CHEDDAR) POWDER, MALTODEXTRIN, MILK PROTEIN, MODIFIED TAPIOCA STARCH, LUPIN FLOUR, SUGAR, SALT, AMMONIUM BICARBONATE (BAKING SODA), SODIUM CITRATE, NATURAL FLAVOR (CHEESE), MONO- AND DIGLYCERIDES, CITREM (CITRIC ACID)

CONTAINS: MILK.

PRODUCT OF GERMANY.

MANUFACTURED BY DR. SCHÄR DEUTSCHLAND GMBH, FOR SCHÄR USA INC., LYNDHURST, NJ 07071

WE SUPPORT CELIAC DISEASE RESEARCH AND ORGANIZATIONS THAT HELP PEOPLE WITH SPECIAL DIETARY NEEDS.

STORE IN A COOL, DRY PLACE.

PLEASE RECYCLE THIS PACKAGE.

Nutrition Facts

Crunchy Chocolate Chip Cookies

Serving Size: 2 COOKIES Servings Per Container 7

Amount Per Serving	
Calories 140	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 100mg	**4%**
Total Carbohydrates 17g	**6%**
Dietary Fiber 1g	**4%**
Sugars 10g	
Protein 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.

INGREDIENTS: Flour Mix (White Rice Flour, Buckwheat Flour, Millet Flour), Chocolate Chips (Cane Sugar, Natural Chocolate Liquor (Non-Alcoholic), Non-Dairy Cocoa Butter), Palm Oil, Evaporated Cane Juice Crystals, Brown Pure Cane Sugar, Natural Flavors, Salt, Vanilla, Sodium Acid Pyrophosphate, Baking Soda, Xanthan Gum, Konjac Flour, Rosemary Extract.

Nutrition Facts

Crunchy Sugar Crisp Cookies

Serving Size: 2 COOKIES Servings Per Container 7

Amount Per Serving	
Calories 130	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 85mg	**4%**
Total Carbohydrates 17g	**6%**
Dietary Fiber 0g	**0%**
Sugars 9g	
Protein 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.

INGREDIENTS: Flour Mix (White Rice Flour, Millet Flour, Buckwheat Flour), Evaporated Cane Juice Crystals, Palm Oil, Brown Pure Cane Sugar, Natural Flavor, Salt, Vanilla, Sodium Acid Pyrophosphate, Baking Soda, Xanthan Gum, Konjac Flour, Rosemary Extract.

Nutrition Facts

Soft Baked Snickerdoodle Cookies

Serving Size: 2 COOKIES Servings Per Container 6

Amount Per Serving	
Calories 120	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**
Total Carbohydrates 19g	**6%**
Dietary Fiber 1g	**4%**
Sugars 9g	
Protein 1g	
Vitamin A	**0%**
Vitamin C	**0%**
Calcium	**2%**
Iron	**4%**

* Percent Daily Values are based on a 2000 calorie diet.

INGREDIENTS: Brown Pure Cane Sugar, Juice Concentrate (Grape, Apple, or Pear), White Rice Flour, Date Paste, Expeller Pressed Vegetable Oil (Safflower Oil and/or Sunflower Oil), Light Buckwheat Flour, Millet Flour, Natural Rice Dextrin, Baking Soda, Salt, Xanthan Gum, Cinnamon, Vanilla, Rosemary Extract.

Nutrition Facts

Crunchy Vanilla Honey Graham Cookies

Serving Size: 2 COOKIES Servings Per Container 7

Amount Per Serving

Calories 130	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 85mg	**4%**
Total Carbohydrates 17g	**6%**
Dietary Fiber 0g	**0%**
Sugars 8g	
Protein 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.

INGREDIENTS: Flour Mix (Brown & White Rice Flour, Buckwheat Flour, Millet Flour), Palm Oil, Brown Pure Cane Sugar, Evaporated Cane Juice Crystals, Honey, Vanilla, Natural Flavors, Salt, Sodium Acid Pyrophosphate, Baking Soda, Xanthan Gum, Konjac Flour, Rosemary Extract.

Nutrition Facts

Crunchy Double Chocolate Cookies

Serving Size: 2 COOKIES Servings Per Container 7

Amount Per Serving	
Calories 130	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 90mg	**4%**
Total Carbohydrates 16g	**5%**
Dietary Fiber 1g	**4%**
Sugars 9g	
Protein 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.

INGREDIENTS: Flour Mix (White Rice Flour, Buckwheat Flour, Millet Flour), Chocolate Chips (Cane Sugar, Natural Chocolate Liquor (Non-Alcoholic), Non-Dairy Cocoa Butter), Palm Oil, Brown Pure Cane Sugar, Evaporated Cane Juice Crystals, Natural Process Cocoa Powder, Natural Flavors, Vanilla, Salt, Sodium Acid Pyrophosphate, Baking Soda, Xanthan Gum, Konjac Flour, Rosemary Extract.

OPEN HE

enjoy life eat freely

oven-baked

Cocoa Loco
chewy bars

FREE OF THE 8 COMMON ALLERGENS GLUTEN FREE

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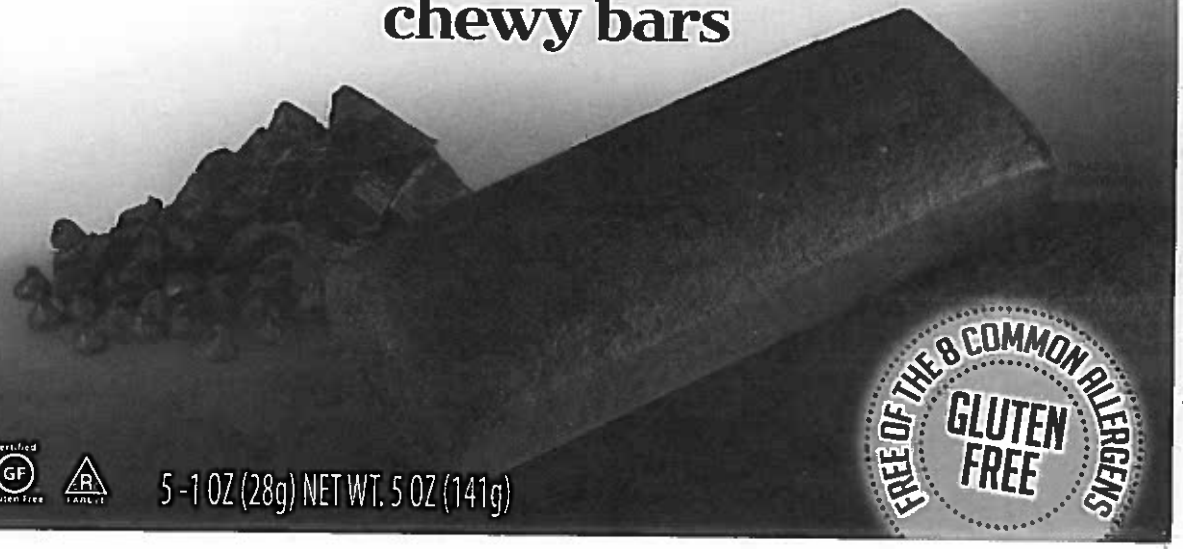
oven-baked

Cocoa Loco
chewy bars



FREE OF THE 8 COMMON ALLERGENS GLUTEN FREE

Certified GF Gluten Free

5 - 1 OZ (28g) NET WT. 5 OZ (141g)

Nutrition Facts

Serv Size 1 Bar (28g)
Servings Per Container 5

Amount Per Serving		% Daily Value*
Calories 110	Calories from Fat 30	
Total Fat 3.5g		5%
Sat Fat 0.5g		3%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 65mg		3%
Total Carbohydrate 16g		5%
Dietary Fiber 2g		8%
Sugars 5g		
Protein 2g		

Vitamin A 0%	•	Vitamin C	0%
Calcium 0%	•	Iron	6%
Thiamin 30%	•	Riboflavin	30%
Niacin 30%	•	Vitamin B_6	25%
Folate 30%	•	Magnesium	6%

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

Ingredients: Brown Rice Flour, Brown Rice Syrup, Rice Starch, Evaporated Cane Juice, Natural Processed Cocoa Powder, Vegetable Glycerin, Expeller-Pressed Vegetable Oil (Safflower Oil and/or Sunflower Oil), Sorghum Flour, Chocolate Chips (Evaporated Cane Juice, Natural Chocolate Liquor (Non-Alcoholic), Non-Dairy Cocoa Butter), Sunflower Seed Butter (Roasted Sunflower Kernel, Evaporated Cane Juice, Salt), Date Paste, Inulin (Chicory Root Fiber), Golden Flaxseed, Baking Soda, Natural Flavor, Xanthan Gum, Gum Arabic, Vanilla, Salt.

Vitamins and Minerals: Niacin (Vitamin B3), Riboflavin (Vitamin B2), Vitamin B6, Thiamin (Vitamin B1), Folate

• VEGAN •

MADE IN A DEDICATED NUT AND GLUTEN-FREE BAKERY

Manufactured by
Enjoy Life Natural Brands, LLC
Schiller Park, IL 60176
888-50-ENJOY (36569)
www.enjoylifefoods.com
Product of the U.S.A.

THIS CARTON IS 100% RECYCLABLE

BEST BY: 12/27/12
120329 B

nut & gluten free
cookies

NO Artificial Anything!

enJoy life eat freely

Now Even Tastier!

soft baked

snickerdoodle

nut & gluten free
cookies

Classic sprinkled cinnamon!

Net Wt. 6 oz. (170g)

This Carton Is 100% Recyclable

BEST BY: 10/27/11
110429 B

COOKIES

8 53522 00018 4

Nutrition Facts

Serving Size 2 Cookies (28g)
Servings Per Container 6

Amount Per Serving	
Calories 130	Calories from Fat 50
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 1g	

Vitamin A 8% • Vitamin C 0%
Calcium 2% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Sorghum Flour, Brown Pure Cane Sugar, Date Paste, Expeller-Pressed Vegetable Oil (Safflower Oil and/or Sunflower Oil), Juice Concentrates (Grape, Apple, Pear), Natural Rice Dextrin, Water, Ground Flaxseed, Vanilla, Baking Soda, Xanthan Gum, Salt, Cinnamon, Rosemary Extract.

MADE IN A DEDICATED NUT AND GLUTEN-FREE BAKERY

Certified GF Gluten-Free

Manufactured by
Enjoy Life Natural Brands, LLC
Schiller Park, IL 60176
888-50-ENJOY (36569)
www.enjoylifefoods.com

Nutrition Facts

Serving Size 4 cookies (28g)
Servings Per Container 7

Amount Per Serving	
Calories 130	Calories From Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 2.5g	**11%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 45mg	**2%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 1g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

INGREDIENTS: CORN FLOUR, SUGAR, VEGETABLE OILS (PALM OIL, COCONUT OIL, CANOLA OIL), EGGS, POTATO STARCH, MODIFIED CORN STARCH, HONEY, MONO- AND DIGLYCERIDES, CITREM, AMMONIUM BICARBONATE, BAKING SODA, RICE STARCH, MALTODEXTRIN, SALT, NATURAL FLAVOR.

CONTAINS: EGG. MAY CONTAIN SOY.

PRODUCT OF GERMANY

MANUFACTURED BY DR. SCHÄR DEUTSCHLAND GMBH FOR SCHÄR USA INC., LYNDHURST, NJ 07071

WE SUPPORT CELIAC DISEASE RESEARCH AND ORGANIZATIONS THAT HELP PEOPLE WITH SPECIAL DIETARY NEEDS

STORE IN A COOL, DRY PLACE

Traditional Old World Goodness

Founded in 1922, Schär has been dedicated to developing healthy, tasty, and nutritionally balanced gluten-free products. We are proud to be the #1 brand of gluten-free foods in Europe and excited to now offer these products to you!

Enjoy with confidence

Schär products are made from the finest naturally gluten-free ingredients, selected for their superior quality and nutritional content. All of our products are made in dedicated gluten-free facilities. Schär adheres to the strictest quality-testing procedures—allowing us to produce the best-quality, best-tasting, gluten-free products on the market. To find out more about our products and great recipes, visit us at **www.schar.com** or e-mail us at info@schar.com.

This product contains NO

GLUTEN | WHEAT | LACTOSE

Dec162011A

BEST BEFORE:

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SYSCO eNutrition > Search Food Products and Recipes > Product Detail > Nutrition Information

Chip Potato Reg Lss

Printer Friendly

SUPC: 6725273

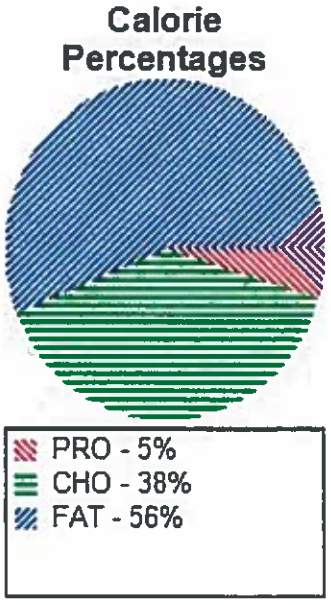
Nutrition Information

Serving Size: 1 bag (43 grams)

Amount Per Serving		
Calories: 230	Calories from Fat: 135	
		% Daily Value*
Total Fat:	15 GM	23%
Saturated Fat:	2 GM	10%
Trans Fat:	0 GM	
Polyunsaturated Fat:	7 GM	
Monounsaturated Fat:	7 GM	
Cholesterol:	0 MG	0%
Sodium:	270 MG	11%
Potassium:	490 MG	14%
Total Carbohydrate:	23 GM	8%
Dietary Fiber:	2 GM	8%
Sugars:	0 GM	
Protein:	3 GM	

Vitamin A: 0%	Vitamin C: 15%
Calcium: 0%	Iron: 2%
Thiamin: 2%	
Niacin: 8%	Vitamin B-6: 6%
Phosphorus: 6%	

Ingredients:
POTATOES, SUNFLOWER OIL AND/OR CORN OIL, AND SALT.NO PRESERVATIVES

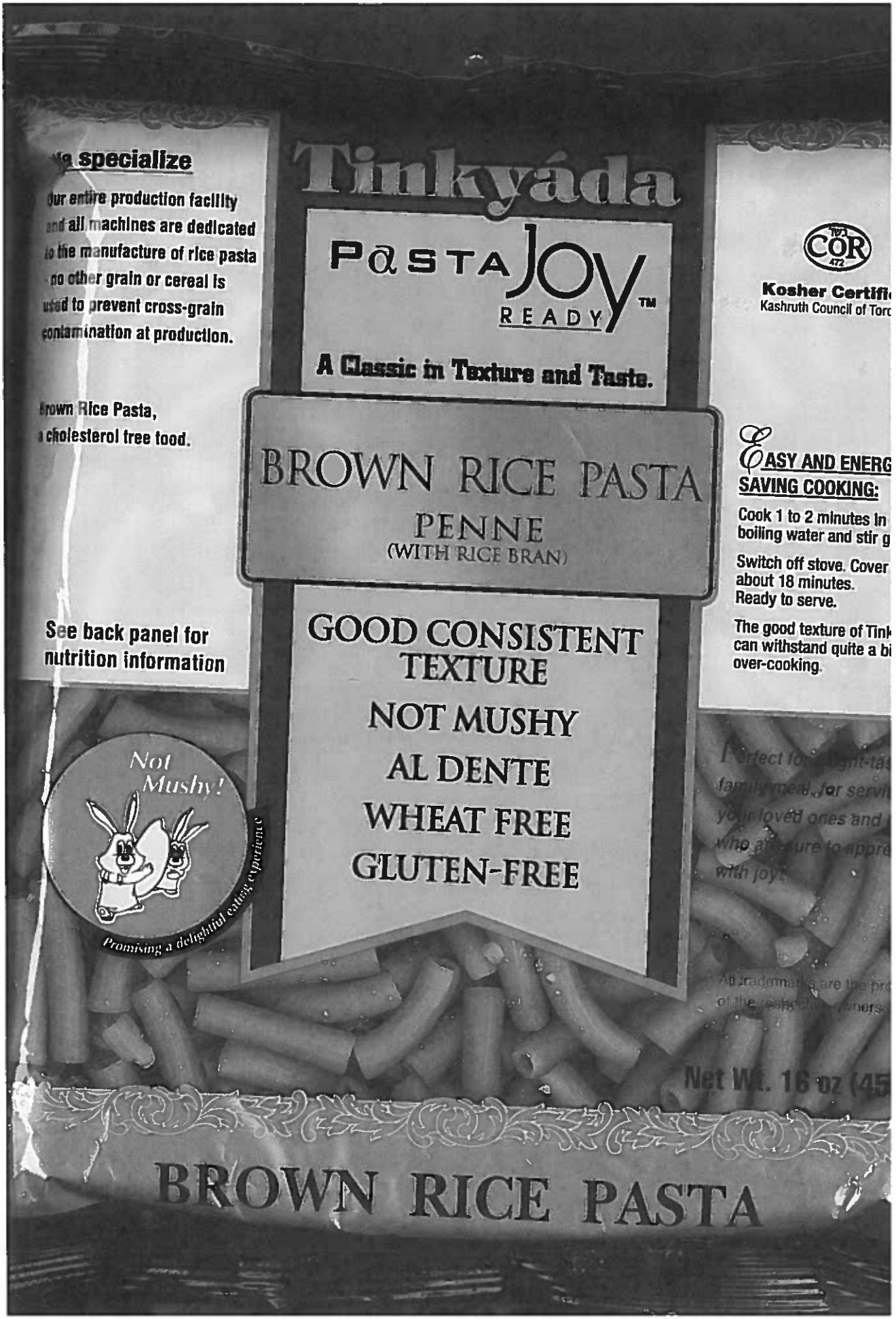


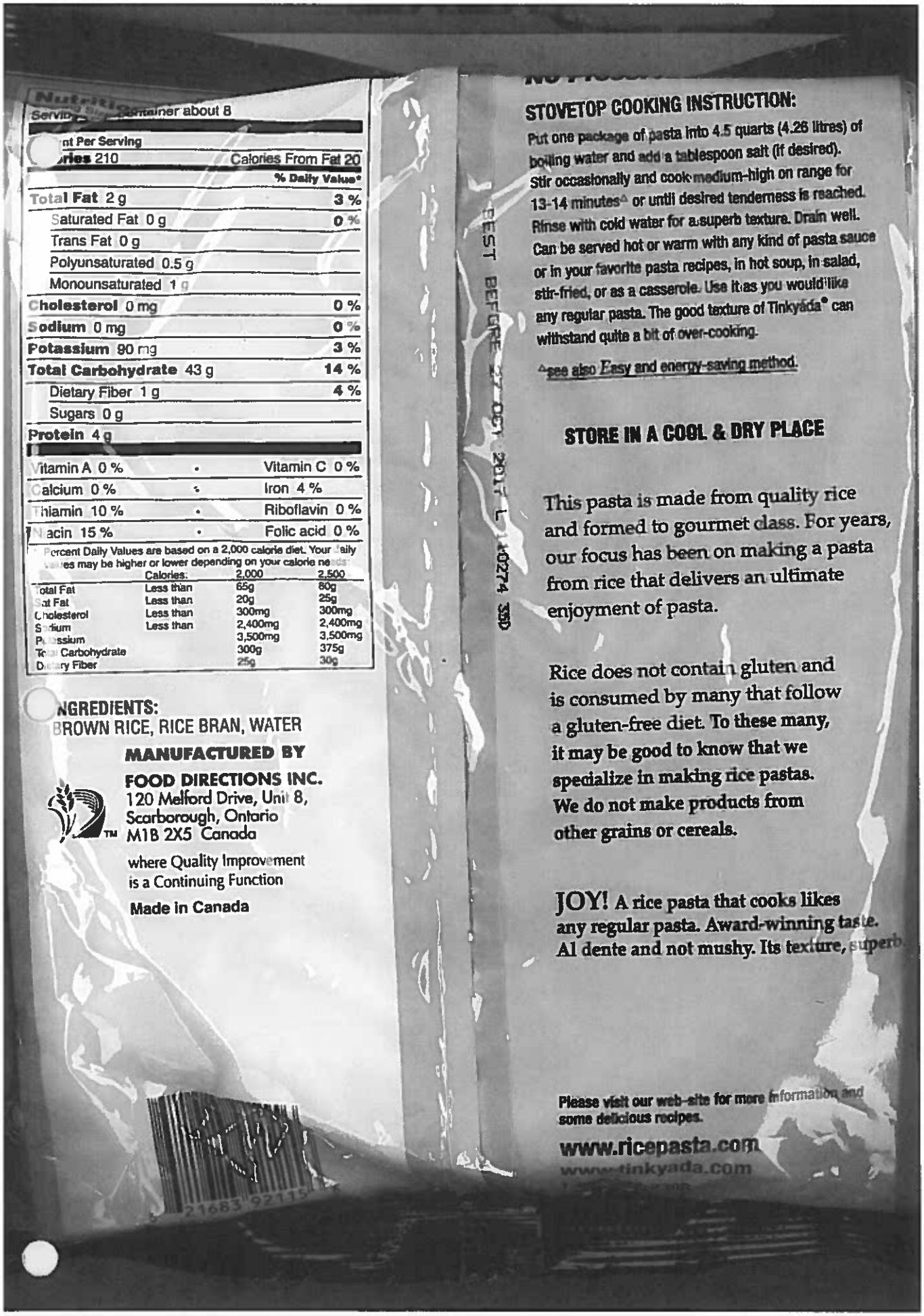
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Notes


Tinkyáda
PASTA JOY
READY
A Classic in Texture and Taste.
BROWN RICE PASTA
PENNE
(WITH RICE BRAN)
GOOD CONSISTENT TEXTURE
NOT MUSHY
AL DENTE
WHEAT FREE
GLUTEN-FREE
specialize
our entire production facility and all machines are dedicated to the manufacture of rice pasta - no other grain or cereal is used to prevent cross-grain contamination at production.
Brown Rice Pasta, a cholesterol free food.
See back panel for nutrition information
Not Mushy!
Promising a delightful eating experience
Kosher Certifi
Kashruth Council of Toro
EASY AND ENERG
SAVING COOKING:
Cook 1 to 2 minutes in boiling water and stir g
Switch off stove. Cover about 18 minutes. Ready to serve.
The good texture of Tink can withstand quite a bi over-cooking.
Net Wt. 16 oz (45
BROWN RICE PASTA



Nutrition
Serving ... Container about 8

Amount Per Serving	
Calories 210	Calories From Fat 20
	% Daily Value*
Total Fat 2 g	3 %
Saturated Fat 0 g	0 %
Trans Fat 0 g	
Polyunsaturated 0.5 g	
Monounsaturated 1 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 90 mg	3 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 4 g	

Vitamin A 0 %	•	Vitamin C 0 %	
Calcium 0 %	•	Iron 4 %	
Thiamin 10 %	•	Riboflavin 0 %	
Niacin 15 %	•	Folic acid 0 %	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS:
BROWN RICE, RICE BRAN, WATER

MANUFACTURED BY

FOOD DIRECTIONS INC.
120 Melford Drive, Unit 8,
Scarborough, Ontario
M1B 2X5 Canada

where Quality Improvement
is a Continuing Function

Made in Canada

BEST BEFORE 27 OCT 2015 L 10274 350

STOVETOP COOKING INSTRUCTION:

Put one package of pasta into 4.5 quarts (4.26 litres) of boiling water and add a tablespoon salt (if desired). Stir occasionally and cook medium-high on range for 13-14 minutes^Δ or until desired tenderness is reached. Rinse with cold water for a superb texture. Drain well. Can be served hot or warm with any kind of pasta sauce or in your favorite pasta recipes, in hot soup, in salad, stir-fried, or as a casserole. Use it as you would like any regular pasta. The good texture of Tinkyada® can withstand quite a bit of over-cooking.

^Δsee also Easy and energy-saving method.

STORE IN A COOL & DRY PLACE

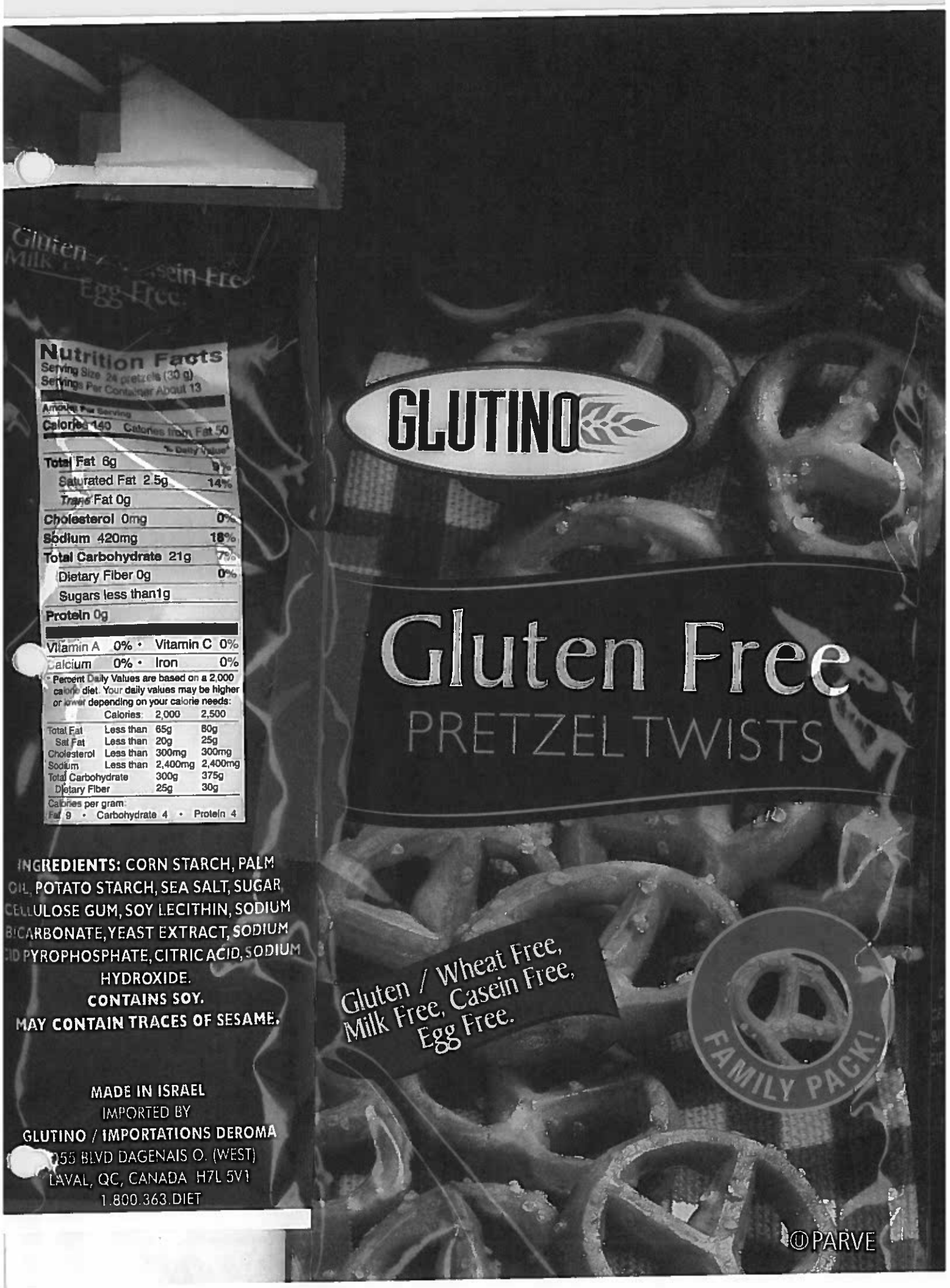
This pasta is made from quality rice and formed to gourmet class. For years, our focus has been on making a pasta from rice that delivers an ultimate enjoyment of pasta.

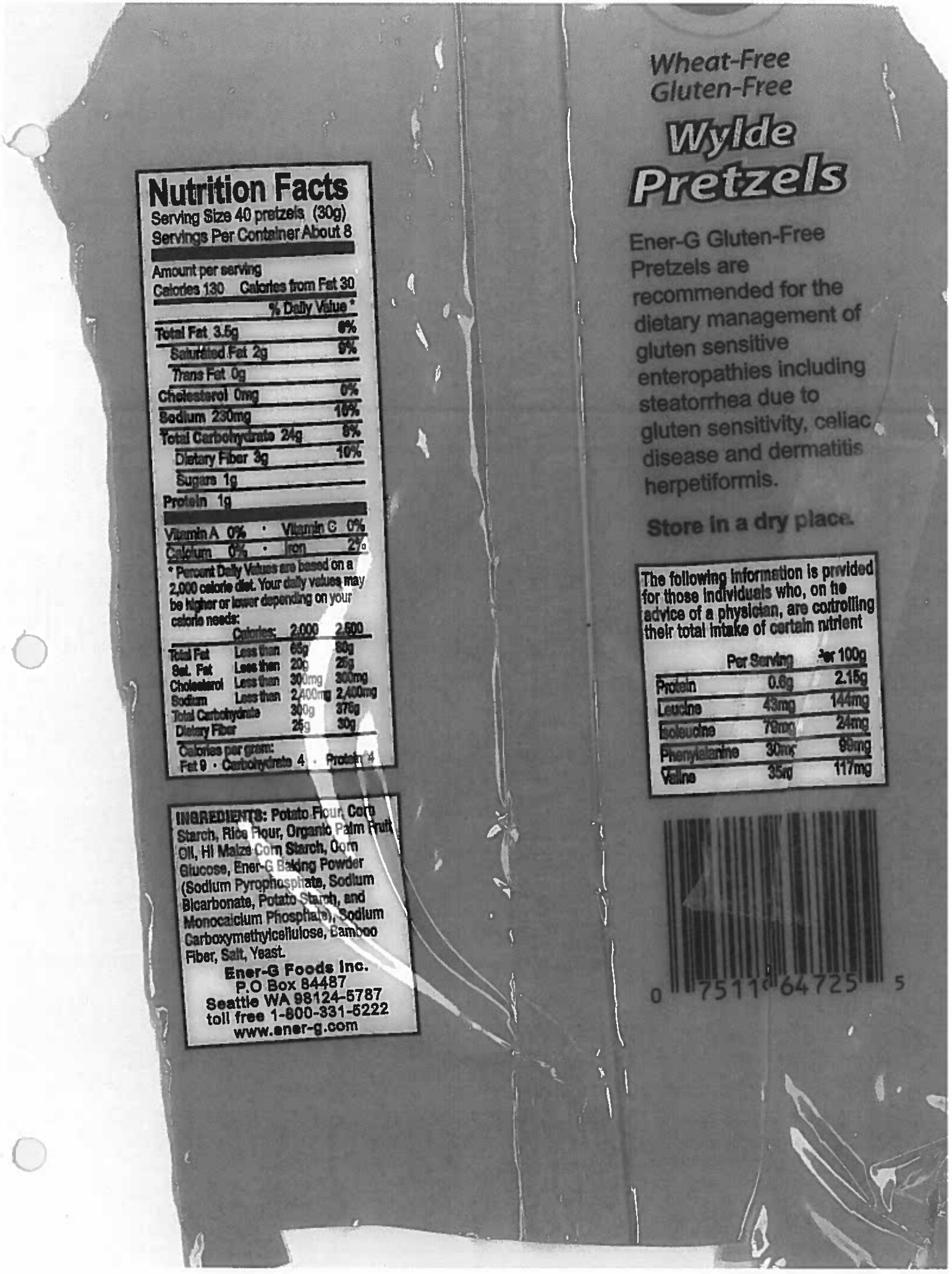
Rice does not contain gluten and is consumed by many that follow a gluten-free diet. To these many, it may be good to know that we specialize in making rice pastas. We do not make products from other grains or cereals.

JOY! A rice pasta that cooks likes any regular pasta. Award-winning taste. Al dente and not mushy. Its texture, superb

Please visit our web-site for more information and some delicious recipes.

www.ricepasta.com
www.tinkyada.com


GLUTINO
Gluten Free
PRETZEL TWISTS
Gluten / Wheat Free,
Milk Free, Casein Free,
Egg Free.
FAMILY PACK!
PARVE
Nutrition Facts
Serving Size 24 pretzels (30 g)
Servings Per Container About 13
Amount Per Serving
Calories 140 Calories from Fat 50
% Daily Value*
Total Fat 6g 9%
Saturated Fat 2.5g 14%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 420mg 18%
Total Carbohydrate 21g 7%
Dietary Fiber 0g 0%
Sugars less than1g
Protein 0g
Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4
INGREDIENTS: CORN STARCH, PALM OIL, POTATO STARCH, SEA SALT, SUGAR, CELLULOSE GUM, SOY LECITHIN, SODIUM BICARBONATE, YEAST EXTRACT, SODIUM ID PYROPHOSPHATE, CITRIC ACID, SODIUM HYDROXIDE.
CONTAINS SOY.
MAY CONTAIN TRACES OF SESAME.
MADE IN ISRAEL
IMPORTED BY
GLUTINO / IMPORTATIONS DEROMA
55 BLVD DAGENAIS O. (WEST)
LAVAL, QC, CANADA H7L 5V1
1.800.363.DIET



Nutrition Facts

Serving Size 40 pretzels (30g)
Servings Per Container About 8

Amount per serving
Calories 130 Calories from Fat 30

	% Daily Value *
Total Fat 3.5g	6%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	10%
Sugars 1g	
Protein 1g	

Vitamin A 0% · Vitamin C 0%
Calcium 0% · Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4

INGREDIENTS: Potato Flour, Corn Starch, Rice Flour, Organic Palm Fruit Oil, HI Maize Corn Starch, Corn Glucose, Ener-G Baking Powder (Sodium Pyrophosphate, Sodium Bicarbonate, Potato Starch, and Monocalcium Phosphate), Sodium Carboxymethylcellulose, Bamboo Fiber, Salt, Yeast.

Ener-G Foods Inc.
P.O Box 84487
Seattle WA 98124-5787
toll free 1-800-331-5222
www.ener-g.com

Wheat-Free
Gluten-Free

Wylde Pretzels

Ener-G Gluten-Free Pretzels are recommended for the dietary management of gluten sensitive enteropathies including steatorrhea due to gluten sensitivity, celiac disease and dermatitis herpetiformis.

Store in a dry place.

The following information is provided for those individuals who, on the advice of a physician, are controlling their total intake of certain nutrient

	Per Serving	Per 100g
Protein	0.6g	2.15g
Leucine	43mg	144mg
Isoleucine	7mg	24mg
Phenylalanine	30mg	99mg
Valine	35mg	117mg

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Schar

Nutrition Facts

Serving Size 33 pieces (30g)
Servings Per Container about 4

Amount Per Serving	
Calories 140	Calories From Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 270mg	11%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 2g	
Vitamin A 0% •	Vitamin C 0%
Calcium 6% •	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	25g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

INGREDIENTS: CORN STARCH, CORN FLOUR, VEGETABLE OILS (PALM OIL, COCONUT OIL, CANOLA OIL), CHEESE (CHEDDAR) POWDER, MALTODEXTRIN, MILK PROTEIN, MODIFIED TAPIOCA STARCH, LUPIN FLOUR, SUGAR, SALT, AMMONIUM BICARBONATE, BAKING SODA, SODIUM CITRATE, NATURAL FLAVOR (CHEESE), MONO- AND DIGLYCERIDES, CITREM, CITRIC ACID

CONTAINS: MILK.

PRODUCT OF GERMANY.

MANUFACTURED BY DR. SCHÄR DEUTSCHLAND GMBH. FOR SCHÄR USA INC., LYNDHURST, NJ 07071

WE SUPPORT CELIAC DISEASE RESEARCH AND ORGANIZATIONS THAT HELP PEOPLE WITH SPECIAL DIETARY NEEDS

STORE IN A COOL, DRY PLACE.

PLEASE RECYCLE THIS PACKAGE

DEDICATED *gluten-free*

Schär

Make it a gluten-free party!

Turn your party into an unforgettable taste experience with our new, perfectly baked, cheddar Cheese Bites. You provide the party, we'll bring the flavor!

Gluten-free. Perfected.

Founded in 1922, Schär has been dedicated to innovating gluten-free products for over 25 years. To find out more about our products and recipes, visit **www.schar.com**.

Join the Schär Club today and enjoy exclusive benefits. It's free!

This product contains NO

GLUTEN WHEAT

• NO PRESERVATIVES

SCHÄR CLUB
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SYSCO eNutrition > Search Food Products and Recipes > Product Detail > Nutrition Information

Pudding Vanilla Snack Pk Ftfr

Printer Friendly

SUPC: 6850325

Nutrition Information

Serving Size: 1 PC (3.5oz) (99 grams)

Amount Per Serving

Calories: 80 — Calories from Fat: 0

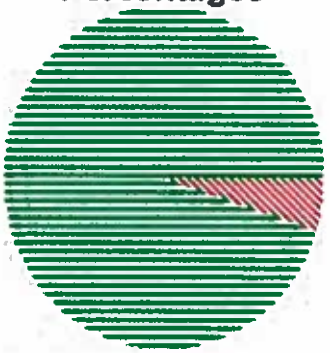
		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	140 MG	6%
Potassium:	NA	NA
Total Carbohydrate:	18 GM	6%
Dietary Fiber:	0 GM	0%
Sugars:	NA	NA
Protein:	1 GM	

Vitamin A: NA • Vitamin C: NA

Calcium: NA • Iron: NA

Ingredients:
Non-Fat Milk, Water, Sugar, Modified, Corn Starch, Cocoa (Processed with Alkali), Less than 2% of: Salt, Carrageenan, Cream (adds and insignificant amount of fat), Artificial and Natural Flavors, Color Added (Including Yellow 5 and Yellow 6). Contains: Milk

Calorie Percentages



PRO - 5%
CHO - 95%
FAT - 0%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Notes

1. The nutritional values indicated may not be complete based on limited information from product

Where you recognize all the ingredients

DR. PRAEGER'S®

ENSIBLE FOODS

ALL NATURAL

luten free
lifornia veggie
rgers Burgers

lesterol
d Sodium
urated Fat

GMO Free
No Trans Fat
Good Source of Fiber

OZ.(312g) KEEP FROZEN

KOSHER PARVE

4 BURGERS
INDIVIDUALLY WRAPPED

Where you recognize all the ingredients

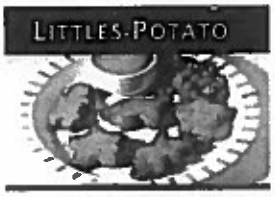
DR. PRAEGER'S®
ENSIBLE FOODS

ALL NATURAL
gluten free
california veggie burgers

4 BURGERS
INDIVIDUALLY WRAPPED

NET WT. 11 OZ.(312g)

Other ıten Free Praeger's roducts



Nutrition Facts

Serving Size 1 Burger 2.75 oz.(78g)
Servings Per Container 4

Amount Per Serving	
Calories 120	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0.5 g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 170mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 5g	

Vitamin A 50%	• Vitamin C 2%
Calcium 6%	• Iron 15%
Phosphorous 15%	•

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

NET WT. 11 OZ.(312g)

Cooking Instructions

Keep Frozen Prior to Cooking.
Product is fully cooked.

Oven or Toaster Oven: Preheat oven on broil. Place on tray. Do not add any shortening. Broil 8-10 minutes on each side or until heated through and well browned.

Cooking times may vary.

Dear Valued Customer:

I believe that being healthy is a combination of genetics and a balanced lifestyle, including exercise and eating sensibly. As a Cardiac Surgeon, I am concerned that my patients maintain sensible diet habits as part of their ongoing cardiac care.

Working with the family of a former patient in the food business, I set out to create great foods that are both low in cholesterol and saturated fats, and are free of preservatives and artificial ingredients. The result is "Dr. Praeger's Sensible Foods", designed to contain only the finest ingredients, prepared under strict kosher supervision.

Dr. Praeger's Sensible Foods is the perfect combination of taste and convenience, for a health conscious lifestyle. Enjoy!!

Thank you,

Dr. Peter Praeger

KOSHER PARVE
כשרות תורנית
Made in the USA

DR. PRAEGER
ENSIBLE FOOD

ALL NATURAL
gluten fre
california veggi burgers

No Trans Fat, No Cholester
GMO Free, Gluten Free
Vegan

Ingredients

Carrots, Onions, String Beans, Zucc
Soybeans, Peas, Expeller Pressed Ca
Oil, Spinach, Broccoli, Corn, Red Pepp
Potato Flakes, Arrowroot, Corn Meal,
Starch, Garlic, Salt, Parsley, Pepper.
Contains: Soy

Gluten Free

Made in a facility that uses whea soy, milk, eggs and fish.

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www.drpraegers.com

EU# 3001237875

0 80868 00060 2


DEDICATED
gluten-free
Schär
MARBLE CAKE
gluten-free · wheat-free
(250g)
NET WT 8.8 oz
INGREDIENTS: EGG, SUGAR, SUNFLOWER SEED OIL, RICE FLOUR, CORN STARCH, SORBITOL, CORN FLOUR, RICE STARCH, COCOA POWDER, MONO AND DIGLYCERIDES, DISODIUM DIPHOSPHATE, BAKING SODA, XANTHAN GUM, LOCUST BEAN GUM, SALT, NATURAL FLAVOR, TARTARIC ACID.
CONTAINS EGG.
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WE SUPPORT CELIAC DISEASE RESEARCH AND ORGANIZATIONS THAT ASSIST PEOPLE WITH SPECIAL DIETARY NEEDS.
WWW.SCHAR.COM
BEST BEFORE: SEE IMPRINT
This product contains NO
GLUTEN WHEAT LACTOSE
NO PRESERVATIVES
8 10757 01091 3
Nutrition Facts
Serving Size 1 slice (31g)
Servings Per Container 8
Amount Per Serving
Calories 140 Fat Cal 70
% Daily Value*
Total Fat 7g 11%
Saturated Fat 1.0g 5%
Trans Fat 0g
Cholesterol 45mg 15%
Sodium 95mg 4%
Total Carb 17g 6%
Dietary Fiber 1g 4%
Sugars 7g
Protein 2g
Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Serving Size 2 Cookies (28g)
Servings Per Container 6

Amount Per Serving	
Calories 120	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 1g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: BROWN PURE CANE SUGAR, WHITE RICE FLOUR, JUICE CONCENTRATE (GRAPE, APPLE, OR PEAR), DATE PASTE, EXPELLER PRESSED VEGETABLE OIL (SAFFLOWER OIL AND/OR SUNFLOWER OIL), CHOCOLATE CHIPS (CANE SUGAR, NON-ALCOHOLIC COCOA LIQUOR, NON-DAIRY COCOA BUTTER), LIGHT BUCKWHEAT FLOUR, MILLET FLOUR, NATURAL RICE DEXTRIN, BAKING SODA, SALT, XANTHAN GUM, VANILLA, ROSEMARY EXTRACT.


Full of Taste & Free of Gluten
udi's
Gluten Free
Eat well, smile often. Our mission is to show you a new way to approach gluten-free living. Don't waste another bite on bland, crumbly and tasteless food. Udi's makes delicious products that will fill your stomach and warm your soul.
Nutrition Facts
Serving Size 1 Bagel (99g)
Servings Per Container 4
Amount Per Serving
Calories 290 Calories from Fat 90
% Daily Value*
Total Fat 9g 14%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 480mg 19%
Total Carbohydrate 43g 14%
Dietary Fiber 2g 8%
Sugars 5g
Protein 7g
Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4
Wheat, Dairy, Soy & Nut FREE
INGREDIENTS: WATER, BROWN RICE FLOUR, TAPIOCA STARCH, CANOLA OIL, EGG WHITES, POTATO STARCH, DRIED CANE SYRUP, TAPIOCA, MALTODEXTRIN, TAPIOCA SYRUP, XANTHAN GUM, YEAST, SALT, CULTURED CORN SYRUP SOLIDS AND CITRIC ACID (ADDED INGREDIENTS), ENZYMES.
CONTAINS EGG.
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www.udisglutenfree.com

Bagels

Dye Free

MOTT'S

Since 1842, Mott's has been using the delicious goodness of fruits to bring great tasting snacks to the whole family.

- ✓ Made With Real Fruit & Vegetable Juice*
- ✓ Natural Flavors & Colors COLORS FROM NATURAL SOURCES
- ✓ 100% DAILY VALUE Vitamin C
- ✓ 80 Calories
- ✓ Gluten Free
- ✓ Fat Free

To avoid choking, give Fruit Flavored Snacks only to children who can easily swallow chewy foods. Children should be sealed and supervised while eating.

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BOX TOPS FOR EDUCATION
EXPIRES 11/1/15

since 1842

MOTT'S®

Medleys

FRUIT FLAVORED SNACKS

berry

NATURALLY FLAVORED

ENLARGED TO SHOW DETAIL

Made with Real FRUIT & VEGETABLE juice*

Made with NATURAL Flavors & Colors

(colors from natural sources)

PER POUCH

80 CALORIES	0g SAT FAT 0% DV	30mg SODIUM 1% DV	10g SUGARS	VITAMIN C 100% DV

10 - 0.8 OZ (22.6g) POUCHES NET WT 8 OZ (226g)

*These fruit-flavored snacks are made with pe apple, and carrot juice concentrate. See below list of complete ingredients. They are not inter to replace fruit or vegetables in the diet.

Nutrition Fact

Serving Size 1 pouch (23g)
Servings Per Container 10

Amount Per Serving	
Calories	
Calories from Fat	
	% Daily Val
Total Fat 0g	0
Saturated Fat 0g	0
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 30mg	1
Total Carbohydrate 19g	6
Sugars 10g	
Protein 0g	

Vitamin A 4% • Vitamin C 100

Not a significant source of dietary fiber, calcium and i

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

Ingredients: Fruit and Vegeta Juice Blend from Concentrate (pear, apple, carrot), **Corn Syru Sugar, Modified Corn Starch. Contains 2% or less of:** Fruit Pectin, Citric Acid, Vitamin C (ascorbic acid), Dextrose, Sodium Citrate, Malic Acid, Vegetable and Fruit Juice Adde for Color, Sunflower Oil†, Potassium Citrate, Natural Flav Carnauba Wax.

†Adds A Trivial Amount Of Fat

DST. BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA

GLUTEN FREE

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Carbohydrate Choices: 1

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