Gluten Free Animal Cookies

Gluten Free Chicken Nuggets

Nutritional Info:

Kinnikinnick Kinnikritters Animal Crackers

Nutrition Facts Valeur Nutritive 12 Cookies (30 g)/8 Biscuits	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 120	
Fat / Lipides 2 g	3%
Saturated / Saturé 1 g + Trans / Trans 0g5%	
Cholesterol / Cholestérol 0mg	0%
Sodium / Sodium 35mg	1%
Carbohydrate / Glucides 26g	8%
Fibre / Fibres 2g	8%
Sugars / Sucres 3g	
Protein / Protéines 1g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	4%
Iron / Fer	4%
Niacin / Niacine	%
Thiamine / Thiamine	%
Riboflavin / Riboflavine	%
Folate / Folate	%
* Based on a 2000 calorie diet	

Ingredients

Cane Sugar, Pea Starch, Potato Starch*, Non-Hydrogenated Palm Oil Shortening (palm oil, modified palm oil), White Rice Flour, Tapioca Starch, Water, Tapioca Syrup, Pea Protein, Salt, Pea Fibre, Pure Vanilla Extract, Cellulose, Inulin, Sodium Bicarbonate, Sunflower Lecithin, Natural Colour

*Not a product of genetic engineering

Nutritional Info:

Udi's Gluten Free Bagels

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 460mg	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 (MOLD INHIBITOR), ENZYMES.
CONTAINS EGG.

Udi's Gluten Free Foods
Denver, CO 80239 / 201.421.3970
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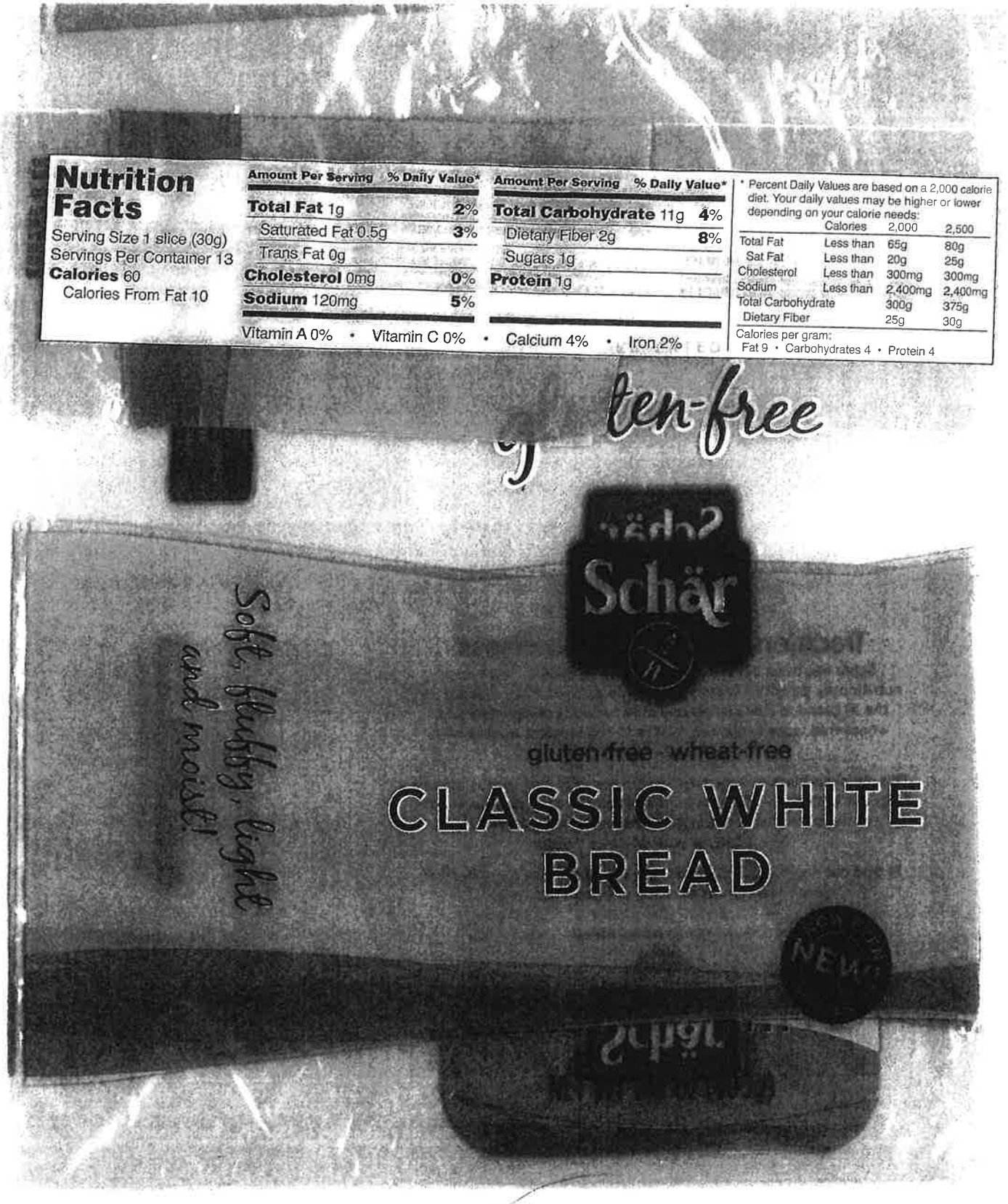
INGREDIENTS: WATER, BROWN RICE FLOUR, TAPIOCA STARCH, CANOLA OIL, EGG WHITES, POTATO STARCH, DRIED CANE SYRUP, TAPIOCA MALTODEXTRIN, TAPIOCA SYRUP, XANTHAN GUM, YEAST, SALT, CULTURED CORN SYRUP SOLIDS AND CITRIC ACID (MOLD INHIBITOR), ENZYMES.

ALLERGENS: EGGS


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
NEW

Nutritional Info:

Schars Gluten & Wheat Free Artisan White Bread

Nutrition Facts

Serving Size 2 slices (62g)
Serving Per Container 6
Calories 170
Calories From Fat 15

Amount Per Serving	%Daily Value*
Total Fat 1 5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Vitamin A 0% · Vitamin C 0%	
Thiamin 2% · Riboflavin 2%	

Amount Per Serving	%Daily Value*
Total Carbohydrate 38g	13%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 2g	
Calcium 2% · Iron 4%	
Niacin 2%	

Ingredients

water , rice starch , sour dough (water, rice, flour) , corn starch , agave syrup , sunflower oil , soy protein ,modified cellulose , psyllium seed husks (vegetable fiber) , guar gum , millet flour , yeast , sugar , quinoa flour ,salt , citrus fibre , honey , calcium citrate , niacin , iron , thiamine , riboflavine . Contains: Soy .

ALLERGENS: SOY

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
tal Carbohydrate:	22 GM	7%
Dietary Fiber:	1 GM	4%
Sugars:	2 GM	
Protein:	4 GM	

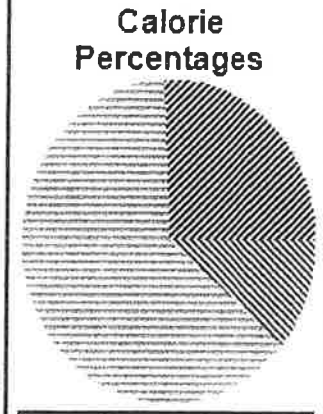
Vitamin A: 0% • Vitamin C: 0%

Calcium: 2% • Iron: 2%

* Percent Daily V alues are based on a 2000 calorie diet. Y our daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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 PYROPHOSPHA TE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHA TE), CULTURED CORN SYRUP SOLIDS (NATURAL MOLD INHIBITOR), ENZYMES. CONTAINS EGG.

Allergens: Eggs

Notes

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Bread Multigrain Artisan Gl Fr

Printer Friendly

SUPC: 8624878

Nutrition Information

Serving Size: 2 slices (62 grams)

Amount Per Serving

Calories: 180	Calories from Fat: 18	
		% Daily Value*
Total Fat:	2 GM	3%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	0 MG	0%
Sodium:	210 MG	9%
Potassium:	NA	NA
tal Carbohydrate:	38 GM	13%
Dietary Fiber:	5 GM	20%
Sugars:	4 GM	
Protein:	3 GM	

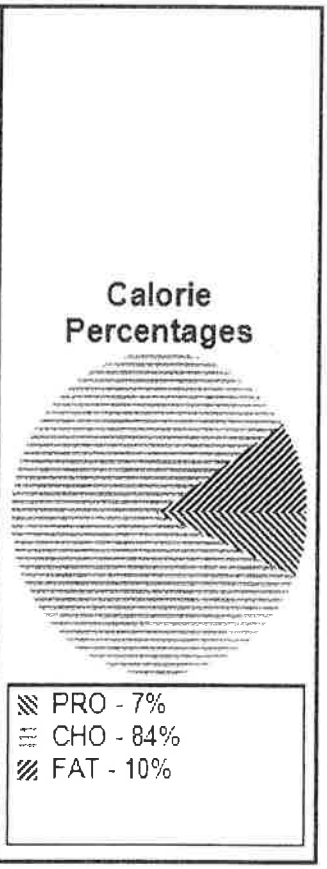
Vitamin A: 0% • Vitamin C: 0%

Calcium: 2% • Iron: 6%

* Percent Daily V alues are based on a 2000 calorie diet. Y our daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Ingredients:

Water, rice starch, sourdough (water , rice, flour), corn starch, agave syrup, sunflower oil, soy protein, modified cellulose, psyllium seed husks (vegetable fiber), guar gum, millet flour , yeast, sugar , quinoa flour, salt, citrus fiber , honey, calcium citrate, niacin, iron, thiamine, riboflavin.

Allergens: Soy

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Nutritional Info:

David's Gluten Free Chocolate Chip Brownie

Nutrition Facts

Serving Size 1 brownie, 3.5oz (100g)
Servings Per Container 48

Amount Per Serving

Calories 420 Calories from Fat 190

	% Daily Value*
Total Fat 21g	**32%**
Saturated Fat 3.5g	**18%**
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%

*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: sugar, eggs, soybean oil, cocoa powder, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanillin), 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.

ALLERGENS: EGG, SOY

Cereal Rice Chex Glutfr Blkpk

Printer Friendly

SUPC: 7560147

Nutrition Information

Serving Size: 1 cup (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:	45 MG	1%
tal 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%

Vitamin D: 10% •

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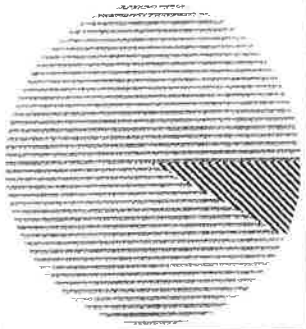
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Calorie Percentages



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

Ingredients:

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

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Nutritional Info:

Coleman Chicken Nuggets

NUTRITIONAL INFORMATION

ABOUT 2.5	4 NUGGETS (92 G)	
AMOUNT PER SERVING		
210	280mg (12%)	0%
80	15g (5%)	0%
9g (14%)	1g (4%)	0%
1.5g (8%)	1g	4%
0g	15g	
45mg (15%)		

INGREDIENTS

ORGANIC BONELESS CHICKEN BREAST WITH RIB MEAT, WATER, ORGANIC RICE STARCH, SEA SALT. BATTERED WITH: WATER, ORGANIC WHOLE WHEAT FLOUR, ORGANIC WHEAT FLOUR, ORGANIC CORN STARCH, ORGANIC CANE SUGAR, SEA SALT, ORGANIC WHEAT GLUTEN, LEAVENING (CREAM OF TARTAR, SODIUM BICARBONATE), ORGANIC SPICES. BREADED WITH: ORGANIC WHOLE WHEAT FLOUR, ORGANIC WHEAT FLOUR, ORGANIC CORN STARCH, SEA SALT, ORGANIC CANE SUGAR, ORGANIC WHEAT GLUTEN, ORGANIC SPICES, ORGANIC ANNATTO, OLEORESIN PAPRIKA.

Chicken Strip Brst Brd Glutenf

Printer Friendly

SUPC: 1668005

Nutrition Information

Serving Size: Piece (84 grams)

Amount Per Serving		
Calories: 130	Calories from Fat: 41	
		% Daily Value*
Total Fat:	4.5 GM	7%
Saturated Fat:	1 GM	5%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	30 MG	10%
Sodium:	360 MG	15%
Potassium:	NA	NA
Total Carbohydrate:	10 GM	3%
Dietary Fiber:	0 GM	0%
Sugars:	0 GM	
Protein:	11 GM	

Vitamin A: NA • Vitamin C: NA

Calcium: NA • Iron: NA

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Calorie Percentages

PRO - 35%
CHO - 32%
FAT - 33%

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.

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CHICKEN STRIP BRST BRD GLUTENF

Printer Friendly

SUPC: 1668005

Nutrition Information

Serving Size: Piece (84 grams)

Amount Per Serving		
Calories: 130	Calories from Fat: 41	
		% Daily Value*
Total Fat:	4.5 Gram	7%
Saturated Fat	1 Gram	5%
Trans Fat:	0 Gram	
Polyunsaturated Fat	NA	NA
Monounsaturated Fat	NA	NA
Cholesterol:	30 MG	10%
Sodium:	360 MG	15%
Potassium:	NA	NA
Total Carbohydrate:	10 Gram	3%
Dietary Fiber	0 Gram	0%
Sugars	0 Gram	
Protein:	11 Gram	

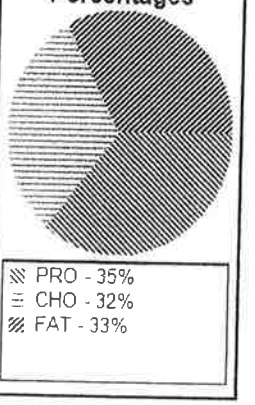
Vitamin A: NA • Vitamin C: NA

Calcium: NA • Iron: NA

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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.

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Nutritional Info:

David's Gluten Free Chocolate Chip Cookie

Nutrition Facts

Serving Size 1 cookie 3oz (85g)

Amount Per Serving

Calories 380 Calories from Fat 170

	% Daily Value*
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%

*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: chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanillin), 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

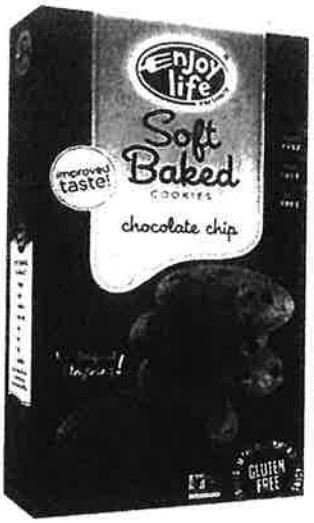
ALLERGENS: EGG, SOY

Nutritional Info:

Enjoy Life Soft Baked Gluten Free Choclate Chip Cookies

Nutrition Facts	
Soft Baked Chocolate Chip Cookies	
Serving Size 2 COOKIES	
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 Carbohydrates 19g	6%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	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.



COOKIE CHOC CHIP CRNCHY GF

Printer Friendly

SUPC: 1365552

Nutrition Information

Serving Size: 28 g (28 grams)

Amount Per Serving		
Calories: 120	Calories from Fat: 63	
		% Daily Value*
Total Fat:	7 Gram	11%
Saturated Fat	3.5 Gram	18%
Trans Fat:	0 Gram	
Polyunsaturated Fat	NA	NA
Monounsaturated Fat	NA	NA
Cholesterol:	0 MG	0%
Sodium:	115 MG	5%
Potassium:	NA	NA
Total Carbohydrate:	15 Gram	5%
Dietary Fiber	1 Gram	4%
Sugars:	9 Gram	
Protein:	1 Gram	

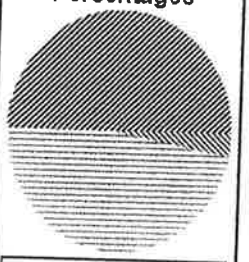
Vitamin A: 0% • Vitamin C: 0%

Calcium: 0% • Iron: 2%

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

alories per gram

Fat 9 • Carbohydrate 4 • Protein 4



edients:

lour Mix (White Rice Flour, Buckwheat Flour, MilletFlour), Chocolate Chips (Evaporated Cane Juice, natural Chocolate Liquor(Non-Alcoholic), Non- Dairy Cocoa Butter), Palm Oil, Evaporated Cane Juice,Brown Pure Cane Sugar, Natural Flavor, Salt, Vanilla, Sodium AcidPyrophosphate, Baking Soda, Xanthan Gum, Rosemary Extract.

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Nutritional Info:

Enjoy Life Gluten Free Cocoa Loco Chewy Bars

Nutrition Facts

Cocoa Loco Chewy Bars

Serving Size BAR

Servings Per Container 5

Amount Per Serving	
Calories 120	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrates 19g	6%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

INGREDIENTS: Flour Mix (Rice, Buckwheat, Millet), Tapioca Syrup, Dried Cane Syrup, Vegetable Glycerin, Chocolate Chips (Cane Sugar, Unsweetened Chocolate, Cocoa Butter), Cocoa Powder, Date Paste, Expeller Pressed Vegetable Oil (Safflower Oil and/or Sunflower Oil), Brown Cane Sugar, Sunflower Seed Butter (Roasted Sunflower Kernel, Dried Cane Syrup, Salt), Ground Flaxseed, Rice Starch, Natural Flavor, Leavening (Baking Soda), Vanilla Extract, Xanthan Gum, Gum Arabic, Salt, Vitamins and Minerals (Niacin, Riboflavin, Vitamin B6, Thiamin, Calcium).

Nutritional Info:

Enjoy Life Gluten Free Double Chocolate Brownie Cookies

Nutrition Facts

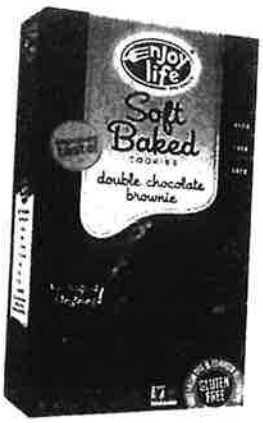
Soft Baked Double Chocolate Brownie Cookies

Serving Size 2 COOKIES

Servings Per Container 6

Amount Per Serving	
Calories 120	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrates 18g	6%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

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



vanilla honey graham

Nutrition Facts

7 servings per container
Serving size 2 Cookies (28g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 10g Added Sugars	20%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 35mg	0%

*The % Daily Value 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.

INGREDIENTS: Flour Blend (Brown Rice, Sorghum and Buckwheat), Cane Sugar, Palm Oil, Water, Natural Flavors, Vanilla Extract, Salt, Leavening (Baking Soda), Organic Honey, Xanthan Gum, Konjac Gum, Rosemary Extract.

CHOCOLATE CHIP BANANA

Nutrition Facts
5 servings per container
Serving size 1 bar (50g)
Amount per serving
Calories 230
% Daily Value*

Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 9g Added Sugars	18%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 147mg	4%

*The % Daily Value 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.

Ingredients: Whole Grain Oats (Steel Cut Oats, Rolled Oats, Quick Oat Flakes, Oat Flour), Safflower Oil, Brown Sugar, Sorghum Flour, Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter), Date Paste, Water, Buckwheat Flour, Vegetable Glycerin, Dried Banana, Pureed Banana, Natural Flavors, Baking Soda, Salt, Xanthan Gum, Cinnamon, Vanilla Extract, Nonpic, Rosemary Extract.

APPLE CINNAMON

Nutrition Facts
5 servings per container
Serving size 1 bar (50g)
Amount per serving
Calories 230
% Daily Value*

Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 8g Added Sugars	16%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 142mg	4%

*The % Daily Value 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.

Ingredients: Gluten Free Whole Grain Oats (Steel Cut Oats, Oat Flour, Rolled Oats, Quick Oat Flakes), Safflower Oil, Brown Sugar, Date Paste, Sorghum Flour, Water, Buckwheat Flour, Vegetable Glycerin, Dried Apples, Natural Flavors, Leavening (Baking Soda), Salt, Cinnamon, Vanilla Extract, Xanthan Gum, Nonpic, Rosemary Extract.

BERRY MEDLEY

Nutrition Facts
5 servings per container
Serving size 1 bar (50g)
Amount per serving
Calories 230
% Daily Value*

Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 7g Added Sugars	14%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 127mg	2%

*The % Daily Value 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.

Ingredients: Gluten Free Whole Grain Oats (Steel Cut Oats, Oat Flour, Rolled Oats, Quick Oat Flakes), Safflower Oil, Brown Sugar, Date Paste, Sorghum Flour, Water, Buckwheat Flour, Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Vegetable Glycerin, Dried Raspberries, Natural Flavors, Leavening (Baking Soda), Dried Blueberries, Salt, Vanilla Extract, Xanthan Gum, Nonpic, Rosemary Extract.

MAPLE FIG

Nutrition Facts
5 servings per container
Serving size 1 bar (50g)
Amount per serving
Calories 230
% Daily Value*

Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 8g Added Sugars	16%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 35mg	3%
Iron 1mg	6%
Potassium 136mg	2%

*The % Daily Value 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.

Ingredients: Gluten Free Whole Grain Oats (Rolled Oats, Quick Oat Flakes, Steel Cut Oats, Oat Flour), Safflower Oil, Brown Sugar, Sorghum Flour, Water, Date Paste, Eggs (Dried Egg Pieces, Rice Flour), Buckwheat Flour, Fig Paste, Vegetable Glycerin, Sweet Potato, Maple Syrup, Leavening (Baking Soda), Salt, Natural Flavor, Cinnamon, Xanthan Gum, Vanilla Extract, Nonpic, Ginger, Nutmeg, Clove, Rosemary Extract.

snickerdoodle

Nutrition Facts

6 servings per container
Serving size 2 Cookies (28g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 6g Added Sugars	12%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 0mg	0%
Potassium 95mg	2%

*The % Daily Value 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.

INGREDIENTS: Flour Blend (Brown Rice, Sorghum and Buckwheat), Brown Sugar, Concentrated Fruit Juices (Pear, Grape), Date Paste, Safflower Oil, Water, Brown Rice Syrup, Natural Flavors, Vanilla Extract, Leavening (Baking Soda), Cinnamon, Salt, Xanthan Gum, Konjac Gum, Rosemary Extract.

cocoa LOCO Bar:)

Roll over image to zoom in

Gluten Free French Toast

(in place of the Van's waffles)

(made in camp)

Udi's Bread

Eggs

Milk

Cinnamon

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	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
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% •

* Percent Daily V alues are based on a 2000 calorie diet. Y our daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Calorie Percentages

PRO - 3%
CHO - 73%
FAT - 23%

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 (V itamin B1), Riboflavin(V itamin B2), Niacin, Iron and Folic Acid

Notes

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Bun Hot Dog Gluten Free

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	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
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%

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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

Notes

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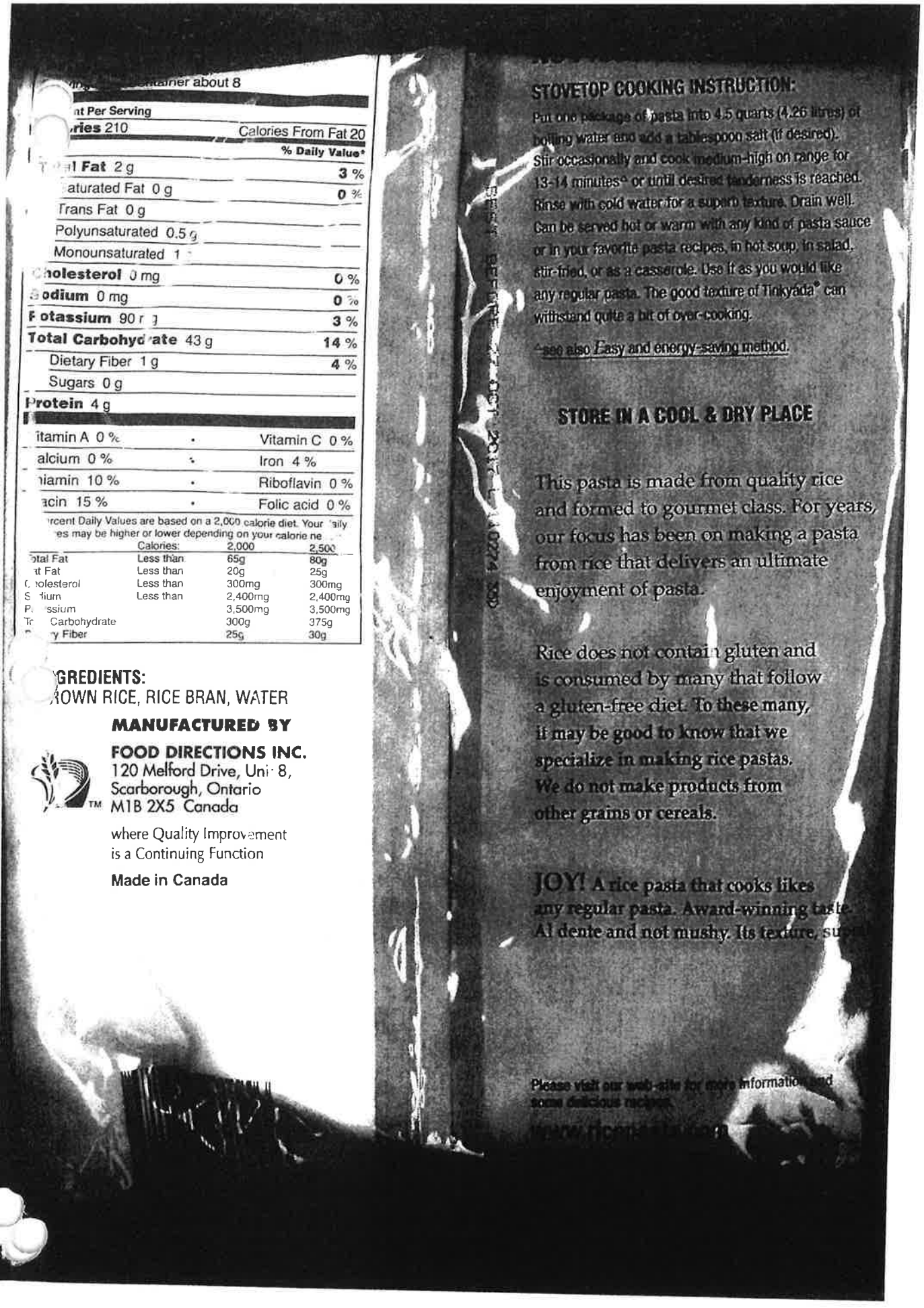

...ainer about 8

...t Per Serving

...ries 210 | Calories From Fat 20

	% Daily Value*
...l Fat 2 g	3 %
...aturated Fat 0 g	0 %
Trans Fat 0 g	
Polyunsaturated 0.5 g	
Monounsaturated 1 g	
...holesterol 0 mg	0 %
...odium 0 mg	0 %
...otassium 90 mg	3 %
Total Carbohyd...ate 43 g	14 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 4 g	

...itamin A 0 %	•	Vitamin C 0 %
...alcium 0 %	•	Iron 4 %
...iamin 10 %	•	Riboflavin 0 %
...acin 15 %	•	Folic acid 0 %

...rcent Daily Values are based on a 2,000 calorie diet. Your ...ily ...es may be higher or lower depending on your calorie ne...

	Calories:	2,000	2,500
...otal Fat	Less than	65g	80g
...t Fat	Less than	20g	25g
...olesterol	Less than	300mg	300mg
S...dium	Less than	2,400mg	2,400mg
P...ssium		3,500mg	3,500mg
Tr... Carbohydrate		300g	375g
...y Fiber		25g	30g

...GREDIENTS:
...ROWN RICE, RICE BRAN, WATER

MANUFACTURED BY

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

where Quality Improvement
is a Continuing Function

Made in Canada

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^ 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.

^see 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, su...

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

www.tinkyada.com

Nutrition Information:

Tinkyada Pasta Joy Brown Rice Penne Pasta

Nutrition Facts	
Serving Size	2.0
Servings Per Container	8
Amount Per Serving	
Calories	210
Calories From Fat	15.0 Grams
	% Daily Value
Total Fat 2.0 Grams	3
Saturated Fat 0.5 g	2
Trans Fat 0.00 g	
Cholesterol 0 mg	0
Sodium 0.00 mg	0.00
Potassium 100 mg	3
Total Carbohydrate 43.0 Grams	14
Dietary Fiber 2 g	7
Sugars 0.00 g	
Protein 4.0 Grams	
Vitamin A	0.00
Vitamin C	0.00
Calcium	0
Iron	4
Riboflavin	0.00
Niacin	15.00
Folic Acid	0

Ingredients: Brown Rice, Rice Bran and Water.

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

Component	Column A: Present In Product	Column B: Products Mfg'd. On The Same Line	Column C: Present In The Same Mfg. Plant
Peanuts and derivatives (i.e. peanut butter, mixed nuts, nut pieces, peanut flour, peanut protein, hydrolyzed peanut protein, peanut oil) - Specify	NO	NO	NO
Tree nuts and derivatives (almond, brazil nut, cashew, chestnut, hazelnut (filbert), macadamia nut, pecan, pine nut, pistachio, walnut) - Specify	NO	NO	NO
Seeds or seed oils (cotton seed, sesame seed, poppy seed, sunflower, seed)	YES - Canola Oil	YES - Canola Oil	YES - Canola Oil
Dairy products (i.e. milk, lactose, caesinates, whey)	NO	YES	YES
Eggs	NO	YES	YES
Fish and Shellfish	NO	NO	NO
MSG or glutamates (reacted or naturally occurring)	NO	NO	NO
Soy products	YES - Soy Oil	YES - Soy Oil	YES - Soy Oil
Gluten (spelt, kamut, oats, barley, rye, tritcale)	NO	NO	NO
Corn	YES	YES	YES

Albertsons

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Nutrition Facts Serving Size: 0.5pizza crust Servings Per Container: 4		
Calories	Amount Per Serving 150	% Daily Value
Calories from Fat	(-)	(-)
Total Fat	5g	8%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Polyunsaturated Fat	(-)	(-)
Monounsaturated Fat	(-)	(-)
Cholesterol	0mg	0%
Sodium	340mg	14%
Potassium	(-)	(-)
Total Carbohydrate	31g	10%
Dietary Fiber	1g	4%
Total Sugars	5g	0%
Added Sugars	(-)	(-)
Protein	4g	0%
Calcium	0mg	3%
Iron	0mg	3%

Water, Tapioca Starch, Brown Rice Flour, Non GMO Canola Oil, Egg Whites, Dried Cane Syrup, Tapioca Syrup, Tapioca Maltodextrin, Salt, Xanthan Gum, Yeast, Cultured Corn Syrup Solids (Natural Mold Inhibitor), Enzymes.

UDIS GLUTEN FREE PIZZA CRUST

Dough Pizza Crust Gluten Free

Printer Friendly

SUPC: 7996954

Nutrition Information

Serving Size: 1/5 pizza crust (55 grams)

Amount Per Serving

Calories: 160 | Calories from Fat: 32

		% Daily Value*
Total Fat:		
Saturated Fat:	3.5 GM	5%
Trans Fat:	1 GM	5%
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	NA	
Cholesterol:	NA	NA
Sodium:	10 MG	3%
Potassium:	210 MG	9%
Total Carbohydrate:	NA	NA
Dietary Fiber:	29 GM	10%
Sugars:	1 GM	4%
Protein:	1 GM	
	2 GM	

Vitamin A: 0% • Vitamin C: 4%
Calcium: 0% • Iron: 0%
Thiamin: 4% • Riboflavin: 2%

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Calorie Percentages

PRO - 5%
CHO - 75%
FAT - 20%

Ingredients:
RICE FLOUR, FILTERED WATER, TAPIOCA STARCH, POTATO STARCH, EGG WHITES, EGGS, ORGANIC EXTRA VIRGIN OLIVE OIL, MODIFIED CORN STARCH, SUGAR, VEGETABLE SHORTENING (CANOLA OIL, HYDROGENATED COTTONSEED OIL), CONTAINS LESS THAN 2% OF THE FOLLOWING: YEAST, NATURAL FLAVOR, POTASSIUM CHLORIDE, SALT, KOSHER GELATIN, CELLULOSE GUM, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), XANTHAN GUM, DISTILLED MONOGLYCERIDES, GUAR GUM. MANUFACTURED ON SHARED EQUIPMENT WITH SOY.

Allergens: Eggs

Notes

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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

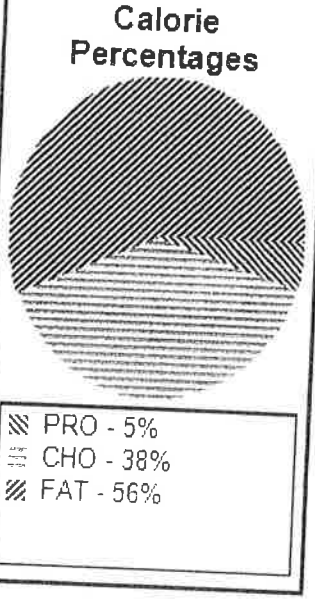
		% Daily Value*
Total Fat:	15 GM	23%
Saturated Fat:	2 GM	10%
Trans Fat:	0 GM	
Polyunsaturated Fat:	7 GM	
Monounsaturated Fat:	7 GM	
Cholesterol:	0 MG	0%
Sodium:	270 MG	11%
Potassium:	490 MG	14%
Total Carbohydrate:	23 GM	8%
Dietary Fiber:	2 GM	8%
Sugars:	0 GM	
Protein:	3 GM	

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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

Notes

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Nutritional Info:

Glutino Gluten Free Pretzel Twists

Nutrition Facts

Serving Size 24 pretzels (30g)
Servings Per Container about 8

Amount Per Serving	
Calories 120	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	20%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 0g	

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

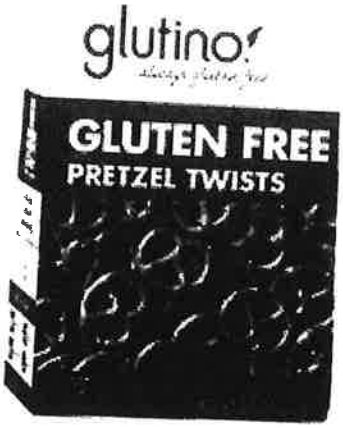
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

	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, POTATO STARCH, RICE FLOUR, SOLUBLE CORN FIBER, PALM OIL, SALT, SUGAR, CELLULOSE GUM, SOY LECITHIN, SODIUM BICARBONATE, YEAST EXTRACT, SODIUM ACID PYROPHOSPHATE, CITRIC ACID.

ALLEGENS: SOY



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 GM	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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Calorie Percentages

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

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

Allergens: Milk

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.
3. If the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three statements on the product packaging itself, defer to the information on the product packaging. To ensure complete and current information on a product, always contact the product manufacturer.
4. These items' qualification as "gluten-free" is dependent on the accuracy of the gluten-free representations of the manufacturers of the items and their ingredients. Therefore, Sysco and its affiliates do not guarantee that any item will be completely gluten-free. Consumers with celiac disease and/or gluten sensitivities should exercise proper caution in the consumption of any food items and should always consider their individual dietary requirements and needs.

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	
Monounsaturated Fat:	NA	NA
Cholesterol:	NA	NA
Sodium:	0 MG	0%
Potassium:	5 MG	0%
Total Carbohydrate:	NA	NA
Dietary Fiber:	29 GM	10%
Sugars:	2 GM	8%
Protein:	0 GM	
	3 GM	

Vitamin A: 0% • Vitamin C: 0%

Calcium: 2% • Iron: 4%

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Calorie Percentages

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

Ingredients:

Whole grain corn, water , cellulose gum, propionic acid (to preserve freshness), benzoic acid and phosphoric acid (to preserve freshness), guar gum, amylase, lime.

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.
3. If the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three statements on the product packaging itself, defer to the information on the product packaging. To ensure complete and current information on a product, always contact the product manufacturer.
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Portion Size: 57 g **School Equivalents**

Child Nutrition Label: **ID#:**

No

Nutritional Info:

Udi's Gluten Free Large Plain Tortillas

Nutrition Facts

Serving Size 1 tortilla (72g)
Servings Per Container 6

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

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

ALLERGENS: EGG