

White Sandwich Bread

Nutrition Facts		Valeur Nutritive	
Per 1 Slice/pour 1 Tranche			
Amount Teneur		% Daily Value	% valeur quotidienne
<b>Calories/Calories</b> 70			
<b>Fat/Lipides</b>	2.00g	<b>3%</b>	
Saturated/Saturé 0.20g			
+ Trans/Trans 0g <b>1%</b>			
<b>Cholesterol/Cholestérol</b>	15mg	<b>5%</b>	
<b>Sodium/Sodium</b>	150mg	<b>6%</b>	
<b>Carbohydrate/Glucides</b>	15g	<b>5%</b>	
Fibre/Fibres 2g <b>8%</b>			
Sugars/Sucres 2g			
<b>Protein / Protéines</b> 1g			
Vitamin/Vitamine A 5% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 5% Thiamine 10% • Riboflavin/Riboflavine 5% Niacin/Niacine 2% • Folate/Folate 2%			
* Based on a 2000 calorie diet			

Brown Sandwich Bread

Nutrition Facts		Valeur Nutritive	
Per 1 Slice/pour 1 Tranche			
Amount Teneur		% Daily Value	% valeur quotidienne
<b>Calories/Calories</b> 70			
<b>Fat/Lipides</b>	2.00g	<b>3%</b>	
Saturated/Saturé 0.30g			
+ Trans/Trans 0g <b>1%</b>			
<b>Cholesterol/Cholestérol</b>	15mg	<b>5%</b>	
<b>Sodium/Sodium</b>	160mg	<b>6%</b>	
<b>Carbohydrate/Glucides</b>	14g	<b>4%</b>	
Fibre/Fibres 2g <b>8%</b>			
Sugars/Sucres 2g			
<b>Protein / Protéines</b> 2g			
Vitamin/Vitamine A 5% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 5% Thiamine 10% • Riboflavin/Riboflavine 5% Niacin/Niacine 2% • Folate/Folate 2%			
* Based on a 2000 calorie diet			

Robins Honey Brown Rice Bread

Nutrition Facts		Valeur Nutritive	
Per 1 Slice/pour 1 Tranche			
Amount Teneur		% Daily Value	% valeur quotidienne
<b>Calories/Calories</b> 80			
<b>Fat/Lipides</b>	3.00g	<b>4%</b>	
Saturated/Saturé 0.40g			
+ Trans/Trans 0g <b>2%</b>			
<b>Cholesterol/Cholestérol</b>	0mg	<b>0%</b>	
<b>Sodium/Sodium</b>	210mg	<b>8%</b>	
<b>Carbohydrate/Glucides</b>	20g	<b>6%</b>	
Fibre/Fibres 1g <b>4%</b>			
Sugars/Sucres 3g			
<b>Protein / Protéines</b> 1g			
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 10% Thiamine 20% • Riboflavin/Riboflavine 7% Niacin/Niacine 7% • Folate/Folate 5%			
* Based on a 2000 calorie diet			

Italian White Tapioca Rice Bread

Nutrition Facts		Valeur Nutritive	
Per 1 Slice/pour 1 Tranche			
Amount Teneur		% Daily Value	% valeur quotidienne
<b>Calories/Calories</b> 90			
<b>Fat/Lipides</b>	2.50g	<b>3%</b>	
Saturated/Saturé 0.30g			
+ Trans/Trans 0g <b>1%</b>			
<b>Cholesterol/Cholestérol</b>	20mg	<b>6%</b>	
<b>Sodium/Sodium</b>	190mg	<b>7%</b>	
<b>Carbohydrate/Glucides</b>	20g	<b>6%</b>	
Fibre/Fibres 1g <b>4%</b>			
Sugars/Sucres 4g			
<b>Protein / Protéines</b> 2g			
Vitamin/Vitamine A 7% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 5% Thiamine 15% • Riboflavin/Riboflavine 7% Niacin/Niacine 2% • Folate/Folate 2%			
* Based on a 2000 calorie diet			

Sunflower Flax Rice Bread

Nutrition Facts		Valeur Nutritive	
Per 1 Slice/pour 1 Tranche			
Amount Teneur		% Daily Value	% valeur quotidienne
<b>Calories/Calories</b> 90			
<b>Fat/Lipides</b>	4.50g	<b>6%</b>	
Saturated/Saturé 0.40g			
+ Trans/Trans 0g <b>2%</b>			
<b>Cholesterol/Cholestérol</b>	0mg	<b>0%</b>	
<b>Sodium/Sodium</b>	280mg	<b>11%</b>	
<b>Carbohydrate/Glucides</b>	16g	<b>5%</b>	
Fibre/Fibres 2g <b>8%</b>			
Sugars/Sucres 2g			
<b>Protein / Protéines</b> 2g			
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 7% Thiamine 20% • Riboflavin/Riboflavine 7% Niacin/Niacine 5% • Folate/Folate 5%			
* Based on a 2000 calorie diet			

Many Wonder Multigrain Rice Bread

Nutrition Facts		Valeur Nutritive	
Per 1 Slice/pour 1 Tranche			
Amount Teneur		% Daily Value	% valeur quotidienne
<b>Calories/Calories</b> 90			
<b>Fat/Lipides</b>	3.50g	<b>5%</b>	
Saturated/Saturé 0.40g			
+ Trans/Trans 0g <b>2%</b>			
<b>Cholesterol/Cholestérol</b>	20mg	<b>6%</b>	
<b>Sodium/Sodium</b>	120mg	<b>5%</b>	
<b>Carbohydrate/Glucides</b>	18g	<b>6%</b>	
Fibre/Fibres 3g <b>12%</b>			
Sugars/Sucres 2g			
<b>Protein / Protéines</b> 2g			
Vitamin/Vitamine A 7% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 7% Thiamine 15% • Riboflavin/Riboflavine 7% Niacin/Niacine 5% • Folate/Folate 2%			
* Based on a 2000 calorie diet			

**Tapioca Rice Bread**

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Slice/pour 1 Tranche	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories</b> 90	
<b>Fat/Lipides</b> 2.50g	<b>3%</b>
Saturated/Saturé 0.30g	
+ Trans/Trans 0g <b>1%</b>	
<b>Cholesterol/Cholestérol</b> 20mg	<b>6%</b>
<b>Sodium/Sodium</b> 130mg	<b>5%</b>
<b>Carbohydrate/Glucides</b> 20g	<b>6%</b>
Fibre/Fibres 1g <b>4%</b>	
Sugars/Sucres 5g	
<b>Protein / Protéines</b> 2g	
Vitamin/Vitamine A 7% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 5% Thiamine 15% • Riboflavin/Riboflavine 7% Niacin/Niacine 2% • Folate/Folate 2%	
* Based on a 2000 calorie diet	

**Raisin Tapioca Rice Bread**

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Slice/pour 1 Tranche	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories</b> 100	
<b>Fat/Lipides</b> 2.50g	<b>3%</b>
Saturated/Saturé 0.30g	
+ Trans/Trans 0g <b>1%</b>	
<b>Cholesterol/Cholestérol</b> 20mg	<b>6%</b>
<b>Sodium/Sodium</b> 135mg	<b>5%</b>
<b>Carbohydrate/Glucides</b> 23g	<b>7%</b>
Fibre/Fibres 2g <b>8%</b>	
Sugars/Sucres 7g	
<b>Protein / Protéines</b> 2g	
Vitamin/Vitamine A 7% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 7% Thiamine 15% • Riboflavin/Riboflavine 7% Niacin/Niacine 2% • Folate/Folate 2%	
* Based on a 2000 calorie diet	

**Cheese Tapioca Rice Bread**

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Slice/pour 1 Tranche	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories</b> 100	
<b>Fat/Lipides</b> 3.00g	<b>4%</b>
Saturated/Saturé 0.50g	
+ Trans/Trans 0g <b>2%</b>	
<b>Cholesterol/Cholestérol</b> 25mg	<b>8%</b>
<b>Sodium/Sodium</b> 210mg	<b>8%</b>
<b>Carbohydrate/Glucides</b> 21g	<b>7%</b>
Fibre/Fibres 1g <b>4%</b>	
Sugars/Sucres 4g	
<b>Protein / Protéines</b> 2g	
Vitamin/Vitamine A 20% • Vitamin/Vitamine C 0% Calcium/Calcium 2% • Iron/Fer 5% Thiamine 15% • Riboflavin/Riboflavine 7% Niacin/Niacine 2% • Folate/Folate 2%	
* Based on a 2000 calorie diet	

**Festive Bread**

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Slice/pour 1 tranche	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories</b> 100	
<b>Fat/Lipides</b> 1.50g	<b>2%</b>
Saturated/Saturé 0.30g	
+ Trans/Trans 0g <b>1%</b>	
<b>Cholesterol/Cholestérol</b> 15mg	<b>5%</b>
<b>Sodium/Sodium</b> 180mg	<b>7%</b>
<b>Carbohydrate/Glucides</b> 19g	<b>6%</b>
Fibre/Fibres 1g <b>4%</b>	
Sugars/Sucres 4g	
<b>Protein / Protéines</b> 1g	
Vitamin/Vitamine A 5% • Vitamin/Vitamine C 0% Calcium/Calcium 2% • Iron/Fer 2% Thiamine 2% • Riboflavin/Riboflavine 2% Niacin/Niacine 2% • Folate/Folate 2%	
* Based on a 2000 calorie diet	

**Candadi Yeast Free Multigrain Rice Bread**

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Slice/pour 1 Tranche	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories</b> 90	
<b>Fat/Lipides</b> 3.50g	<b>5%</b>
Saturated/Saturé 0.40g	
+ Trans/Trans 0g <b>2%</b>	
<b>Cholesterol/Cholestérol</b> 20mg	<b>6%</b>
<b>Sodium/Sodium</b> 270mg	<b>11%</b>
<b>Carbohydrate/Glucides</b> 16g	<b>5%</b>
Fibre/Fibres 1g <b>4%</b>	
Sugars/Sucres 1g	
<b>Protein / Protéines</b> 2g	
Vitamin/Vitamine A 7% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 7% Thiamine 15% • Riboflavin/Riboflavine 7% Niacin/Niacine 5% • Folate/Folate 2%	
* Based on a 2000 calorie diet	

**Yeast Free Tapioca Bread**

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Slice/pour 1 Tranche	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories</b> 80	
<b>Fat/Lipides</b> 2.00g	<b>3%</b>
Saturated/Saturé 0.30g	
+ Trans/Trans 0g <b>1%</b>	
<b>Cholesterol/Cholestérol</b> 15mg	<b>5%</b>
<b>Sodium/Sodium</b> 170mg	<b>7%</b>
<b>Carbohydrate/Glucides</b> 17g	<b>5%</b>
Fibre/Fibres 2g <b>8%</b>	
Sugars/Sucres 3g	
<b>Protein / Protéines</b> 1g	
Vitamin/Vitamine A 5% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 5% Thiamine 10% • Riboflavin/Riboflavine 5% Niacin/Niacine 2% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

**Tapioca Rice Tray Buns**

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Bun/pour 1 Pain	
<b>Amount Teneur</b> <b>% Daily Value</b> <b>% valeur quotidienne</b>	
<b>Calories/Calories</b> 80	
<b>Fat/Lipides</b> 2.00g	<b>3%</b>
Saturated/Saturé 0.30g	
+ Trans/Trans 0g	
<b>Cholesterol/Cholestérol</b> 15mg	<b>5%</b>
<b>Sodium/Sodium</b> 160mg	<b>6%</b>
<b>Carbohydrate/Glucides</b> 17g	<b>5%</b>
Fibre/Fibres 2g	
Sugars/Sucres 3g	
<b>Protein / Protéines</b> 1g	
Vitamin/Vitamine A 5% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 5% Thiamine 10% • Riboflavin/Riboflavine 5% Niacin/Niacine 2% • Folate/Folate 2%	
* Based on a 2000 calorie diet	

**Tapioca Rice English Muffins**

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Bun/pour 1 Pain	
<b>Amount Teneur</b> <b>% Daily Value</b> <b>% valeur quotidienne</b>	
<b>Calories/Calories</b> 242	
<b>Fat/Lipides</b> 3.50g	<b>5%</b>
Saturated/Saturé 0.30g	
+ Trans/Trans 0g	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 260mg	<b>10%</b>
<b>Carbohydrate/Glucides</b> 41g	<b>13%</b>
Fibre/Fibres 2g	
Sugars/Sucres 6g	
<b>Protein / Protéines</b> 3g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 15% Thiamine 30% • Riboflavin/Riboflavine 20% Niacin/Niacine 7% • Folate/Folate 7%	
* Based on a 2000 calorie diet	

**Tapioca Rice Hot Cross Buns**

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Bun/pour 1 Pain	
<b>Amount Teneur</b> <b>% Daily Value</b> <b>% valeur quotidienne</b>	
<b>Calories/Calories</b> 180	
<b>Fat/Lipides</b> 3.50g	<b>5%</b>
Saturated/Saturé 0.50g	
+ Trans/Trans 0g	
<b>Cholesterol/Cholestérol</b> 15mg	<b>5%</b>
<b>Sodium/Sodium</b> 290mg	<b>12%</b>
<b>Carbohydrate/Glucides</b> 35g	<b>11%</b>
Fibre/Fibres 4g	
Sugars/Sucres 16g	
<b>Protein / Protéines</b> 2g	
Vitamin/Vitamine A 5% • Vitamin/Vitamine C 10% Calcium/Calcium 2% • Iron/Fer 2% Thiamine 2% • Riboflavin/Riboflavine 2% Niacin/Niacine 2% • Folate/Folate 2%	
* Based on a 2000 calorie diet	

**Tapioca Rice Hamburger Buns**

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Bun/pour 1 Pain	
<b>Amount Teneur</b> <b>% Daily Value</b> <b>% valeur quotidienne</b>	
<b>Calories/Calories</b> 230	
<b>Fat/Lipides</b> 7.00g	<b>10%</b>
Saturated/Saturé 0.50g	
+ Trans/Trans 0g	
<b>Cholesterol/Cholestérol</b> 5mg	<b>1%</b>
<b>Sodium/Sodium</b> 330mg	<b>13%</b>
<b>Carbohydrate/Glucides</b> 36g	<b>12%</b>
Fibre/Fibres 4g	
Sugars/Sucres 8g	
<b>Protein / Protéines</b> 5g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 2% • Iron/Fer 10% Thiamine 25% • Riboflavin/Riboflavine 15% Niacin/Niacine 10% • Folate/Folate 4%	
* Based on a 2000 calorie diet	

**Tapioca Rice Hot Dog Buns**

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Bun/pour 1 Pain	
<b>Amount Teneur</b> <b>% Daily Value</b> <b>% valeur quotidienne</b>	
<b>Calories/Calories</b> 251	
<b>Fat/Lipides</b> 7.50g	<b>11%</b>
Saturated/Saturé 0.50g	
+ Trans/Trans 0g	
<b>Cholesterol/Cholestérol</b> 5mg	<b>1%</b>
<b>Sodium/Sodium</b> 360mg	<b>15%</b>
<b>Carbohydrate/Glucides</b> 39g	<b>13%</b>
Fibre/Fibres 4g	
Sugars/Sucres 9g	
<b>Protein / Protéines</b> 5g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 2% • Iron/Fer 11% Thiamine 27% • Riboflavin/Riboflavine 16% Niacin/Niacine 11% • Folate/Folate 4%	
* Based on a 2000 calorie diet	

**Pancake and Waffle Mix**

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 43g - about 10 servings per container/pour	
<b>Amount Teneur</b> <b>% Daily Value</b> <b>% valeur quotidienne</b>	
<b>Calories/Calories</b> 160	
<b>Fat/Lipides</b> 1.00g	<b>1%</b>
Saturated/Saturé 0.30g	
+ Trans/Trans 0g	
<b>Cholesterol/Cholestérol</b> 20mg	<b>6%</b>
<b>Sodium/Sodium</b> 490mg	<b>20%</b>
<b>Carbohydrate/Glucides</b> 34g	<b>11%</b>
Fibre/Fibres 1g	
Sugars/Sucres 7g	
<b>Protein / Protéines</b> 3g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 2% • Iron/Fer 4% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

Chocolate Cake Mix

**Nutrition Facts**  
**Valeur Nutritive**

Per 33g - 15 Servings Per Container/pour

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 120	
<b>Fat/Lipides</b> 0.50g	<b>0%</b>
Saturated/Saturé 0.40g	
+ Trans/Trans 0g <b>2%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 250mg	<b>10%</b>
<b>Carbohydrate/Glucides</b> 28g	<b>9%</b>
Fibre/Fibres 2g <b>8%</b>	
Sugars/Sucres 16g	
<b>Protein / Protéines</b> 1g	

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 2% • Iron/Fer 20%  
 Thiamine 0% • Riboflavin/Riboflavine 0%  
 Niacin/Niacine 0% • Folate/Folate 0%

\* Based on a 2000 calorie diet

Kinni-Kwik ® Bread & Bun Mix

**Nutrition Facts**  
**Valeur Nutritive**

Per 31g - about 15 servings per container/pour

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 110	
<b>Fat/Lipides</b> 1.00g	<b>1%</b>
Saturated/Saturé 0.40g	
+ Trans/Trans 0g <b>2%</b>	
<b>Cholesterol/Cholestérol</b> 20mg	<b>6%</b>
<b>Sodium/Sodium</b> 240mg	<b>10%</b>
<b>Carbohydrate/Glucides</b> 24g	<b>8%</b>
Fibre/Fibres 1g <b>4%</b>	
Sugars/Sucres 3g	
<b>Protein / Protéines</b> 3g	

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 2% • Iron/Fer 4%  
 Thiamine 0% • Riboflavin/Riboflavine 0%  
 Niacin/Niacine 0% • Folate/Folate 0%

\* Based on a 2000 calorie diet

Angel Food Cake Mix

**Nutrition Facts**  
**Valeur Nutritive**

Per 45g/pour

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 170	
<b>Fat/Lipides</b> 0.00g	<b>0%</b>
Saturated/Saturé 0.00g	
+ Trans/Trans 0g <b>0%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 50mg	<b>2%</b>
<b>Carbohydrate/Glucides</b> 42g	<b>14%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 33g	
<b>Protein / Protéines</b> 0g	

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 0% • Iron/Fer 0%  
 Thiamine 0% • Riboflavin/Riboflavine 0%  
 Niacin/Niacine 0% • Folate/Folate 0%

\* Based on a 2000 calorie diet

White Cake Mix

**Nutrition Facts**  
**Valeur Nutritive**

Per 33g about 15 servings per container/pour

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 120	
<b>Fat/Lipides</b> 0.00g	<b>0%</b>
Saturated/Saturé 0.00g	
+ Trans/Trans 0g <b>0%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 320mg	<b>13%</b>
<b>Carbohydrate/Glucides</b> 29g	<b>9%</b>
Fibre/Fibres 1g <b>4%</b>	
Sugars/Sucres 16g	
<b>Protein / Protéines</b> 1g	

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 2% • Iron/Fer 0%  
 Thiamine 0% • Riboflavin/Riboflavine 0%  
 Niacin/Niacine 0% • Folate/Folate 0%

\* Based on a 2000 calorie diet

All Purpose Flour Blend

**Nutrition Facts**  
**Valeur Nutritive**

Per 30g - about 15 servings per container/pour

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 100	
<b>Fat/Lipides</b> 0.20g	<b>0%</b>
Saturated/Saturé 0.00g	
+ Trans/Trans 0g <b>0%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 15mg	<b>0%</b>
<b>Carbohydrate/Glucides</b> 25g	<b>8%</b>
Fibre/Fibres 1g <b>4%</b>	
Sugars/Sucres 0g	
<b>Protein / Protéines</b> 1g	

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 0% • Iron/Fer 2%  
 Thiamine 0% • Riboflavin/Riboflavine 0%  
 Niacin/Niacine 0% • Folate/Folate 0%

\* Based on a 2000 calorie diet

Cinnamon and Brown Sugar Homestyle Waffles

**Nutrition Facts**  
**Valeur Nutritive**

Per 1 Waffle/pour 1 gaufre

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 110	
<b>Fat/Lipides</b> 3.50g	<b>5%</b>
Saturated/Saturé 0.20g	
+ Trans/Trans 0g <b>1%</b>	
<b>Cholesterol/Cholestérol</b> 5mg	<b>1%</b>
<b>Sodium/Sodium</b> 240mg	<b>10%</b>
<b>Carbohydrate/Glucides</b> 18g	<b>6%</b>
Fibre/Fibres 1g <b>4%</b>	
Sugars/Sucres 3g	
<b>Protein / Protéines</b> 1g	

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 6% • Iron/Fer 2%  
 Thiamine 0% • Riboflavin/Riboflavine 0%  
 Niacin/Niacine 0% • Folate/Folate 0%

\* Based on a 2000 calorie diet

Original Homestyle Waffles

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Waffle/pour	
<b>Amount Teneur</b> <b>% Daily Value</b> <b>% valeur quotidienne</b>	
<b>Calories/Calories</b> 110	
<b>Fat/Lipides</b> 3.50g	<b>5%</b>
Saturated/Saturé 0.40g	
+ Trans/Trans 0g	
<b>Cholesterol/Cholestérol</b> 10mg	<b>3%</b>
<b>Sodium/Sodium</b> 210mg	<b>8%</b>
<b>Carbohydrate/Glucides</b> 19g	<b>6%</b>
Fibre/Fibres 1g	
Sugars/Sucres 3g	
<b>Protein / Protéines</b> 1g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 6% • Iron/Fer 0% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

KinniKrisp Rice Cereal

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 cup/pour 1 cup	
<b>Amount Teneur</b> <b>% Daily Value</b> <b>% valeur quotidienne</b>	
<b>Calories/Calories</b> 100	
<b>Fat/Lipides</b> 0.40g	<b>0%</b>
Saturated/Saturé 0.10g	
+ Trans/Trans 0g	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 80mg	<b>3%</b>
<b>Carbohydrate/Glucides</b> 22g	<b>7%</b>
Fibre/Fibres 0g	
Sugars/Sucres 1g	
<b>Protein / Protéines</b> 2g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 2% • Iron/Fer 2% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

Panko Style Bread Crumbs

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 30g/pour	
<b>Amount Teneur</b> <b>% Daily Value</b> <b>% valeur quotidienne</b>	
<b>Calories/Calories</b> 110	
<b>Fat/Lipides</b> 1.00g	<b>1%</b>
Saturated/Saturé 0.40g	
+ Trans/Trans 0g	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 350mg	<b>14%</b>
<b>Carbohydrate/Glucides</b> 24g	<b>8%</b>
Fibre/Fibres 2g	
Sugars/Sucres 0g	
<b>Protein / Protéines</b> 1g	
Vitamin/Vitamine A 2% • Vitamin/Vitamine C 0% Calcium/Calcium 10% • Iron/Fer 2% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

Graham Style Cracker Crumbs

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 125ml/1/2 Cup/pour 125ml/1/2 Cup	
<b>Amount Teneur</b> <b>% Daily Value</b> <b>% valeur quotidienne</b>	
<b>Calories/Calories</b> 50	
<b>Fat/Lipides</b> 3.00g	<b>4%</b>
Saturated/Saturé 1.50g	
+ Trans/Trans 0g	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 70mg	<b>2%</b>
<b>Carbohydrate/Glucides</b> 13g	<b>4%</b>
Fibre/Fibres 0g	
Sugars/Sucres 4g	
<b>Protein / Protéines</b> 0g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 2% • Iron/Fer 2% Thiamine 2% • Riboflavin/Riboflavine 0% Niacin/Niacine 2% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

Bread Cubes

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 100g/4.2oz dry/pour	
<b>Amount Teneur</b> <b>% Daily Value</b> <b>% valeur quotidienne</b>	
<b>Calories/Calories</b> 60	
<b>Fat/Lipides</b> 1.50g	<b>2%</b>
Saturated/Saturé 0.20g	
+ Trans/Trans 0g	
<b>Cholesterol/Cholestérol</b> 15mg	<b>5%</b>
<b>Sodium/Sodium</b> 150mg	<b>6%</b>
<b>Carbohydrate/Glucides</b> 10g	<b>3%</b>
Fibre/Fibres 1g	
Sugars/Sucres 2g	
<b>Protein / Protéines</b> 1g	
Vitamin/Vitamine A 2% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 5% Thiamine 10% • Riboflavin/Riboflavine 5% Niacin/Niacine 2% • Folate/Folate 2%	
* Based on a 2000 calorie diet	

Chocolate Cookie Crumbs

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 100g/4oz Dry Mix/pour	
<b>Amount Teneur</b> <b>% Daily Value</b> <b>% valeur quotidienne</b>	
<b>Calories/Calories</b> 380	
<b>Fat/Lipides</b> 20.00g	<b>30%</b>
Saturated/Saturé 15.00g	
+ Trans/Trans 0g	
<b>Cholesterol/Cholestérol</b> 5mg	<b>1%</b>
<b>Sodium/Sodium</b> 1570mg	<b>65%</b>
<b>Carbohydrate/Glucides</b> 91g	<b>30%</b>
Fibre/Fibres 16g	
Sugars/Sucres 22g	
<b>Protein / Protéines</b> 12g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 5% Calcium/Calcium 5% • Iron/Fer 120% Thiamine 2% • Riboflavin/Riboflavine 0% Niacin/Niacine 5% • Folate/Folate 5%	
* Based on a 2000 calorie diet	

Tapioca Rice Cinnamon Raisin Bagels

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Bagel/pour 1 Bagel	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories</b> 220	
<b>Fat/Lipides</b> 6.00g	<b>9%</b>
Saturated/Saturé 2.00g	
+ Trans/Trans 0g <b>10%</b>	
<b>Cholesterol/Cholestérol</b> 25mg	<b>8%</b>
<b>Sodium/Sodium</b> 340mg	<b>14%</b>
<b>Carbohydrate/Glucides</b> 51g	<b>17%</b>
Fibre/Fibres 5g <b>20%</b>	
Sugars/Sucres 19g	
<b>Protein / Protéines</b> 4g	
Vitamin/Vitamine A 7% • Vitamin/Vitamine C 0% Calcium/Calcium 2% • Iron/Fer 15% Thiamine 25% • Riboflavin/Riboflavine 15% Niacin/Niacine 7% • Folate/Folate 5%	
* Based on a 2000 calorie diet	

Tapioca Rice New York Style Plain Bagels

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Bagel/pour 1 Bagel	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories</b> 210	
<b>Fat/Lipides</b> 7.00g	<b>10%</b>
Saturated/Saturé 2.50g	
+ Trans/Trans 0g <b>12%</b>	
<b>Cholesterol/Cholestérol</b> 35mg	<b>11%</b>
<b>Sodium/Sodium</b> 430mg	<b>17%</b>
<b>Carbohydrate/Glucides</b> 46g	<b>15%</b>
Fibre/Fibres 3g <b>12%</b>	
Sugars/Sucres 9g	
<b>Protein / Protéines</b> 4g	
Vitamin/Vitamine A 15% • Vitamin/Vitamine C 0% Calcium/Calcium 2% • Iron/Fer 15% Thiamine 30% • Riboflavin/Riboflavine 20% Niacin/Niacine 7% • Folate/Folate 7%	
* Based on a 2000 calorie diet	

Tapioca Rice Sesame Bagels

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Bagel/pour 1 Bagel	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories</b> 210	
<b>Fat/Lipides</b> 7.00g	<b>10%</b>
Saturated/Saturé 2.50g	
+ Trans/Trans 0g <b>12%</b>	
<b>Cholesterol/Cholestérol</b> 30mg	<b>10%</b>
<b>Sodium/Sodium</b> 390mg	<b>16%</b>
<b>Carbohydrate/Glucides</b> 49g	<b>16%</b>
Fibre/Fibres 5g <b>20%</b>	
Sugars/Sucres 12g	
<b>Protein / Protéines</b> 4g	
Vitamin/Vitamine A 15% • Vitamin/Vitamine C 0% Calcium/Calcium 5% • Iron/Fer 45% Thiamine 70% • Riboflavin/Riboflavine 40% Niacin/Niacine 15% • Folate/Folate 15%	
* Based on a 2000 calorie diet	

KinniToos Fudge Sandwich Creme Cookies

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Cookie/pour	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories</b> 60	
<b>Fat/Lipides</b> 2.50g	<b>3%</b>
Saturated/Saturé 1.00g	
+ Trans/Trans 0g <b>5%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 50mg	<b>2%</b>
<b>Carbohydrate/Glucides</b> 9g	<b>3%</b>
Fibre/Fibres 1g <b>4%</b>	
Sugars/Sucres 4g	
<b>Protein / Protéines</b> 0g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 4% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

Chocolate KinniKritter Animal Cookies

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 8 Cookies/pour 8 biscuits	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories</b> 60	
<b>Fat/Lipides</b> 2.50g	<b>3%</b>
Saturated/Saturé 1.00g	
+ Trans/Trans 0g <b>5%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 55mg	<b>2%</b>
<b>Carbohydrate/Glucides</b> 14g	<b>4%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 6g	
<b>Protein / Protéines</b> 0g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 0% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

Graham Style KinniKritter Animal Cookies

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 8 cookies/pour 8 biscuits	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories</b> 60	
<b>Fat/Lipides</b> 3.00g	<b>4%</b>
Saturated/Saturé 1.50g	
+ Trans/Trans 0g <b>7%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 75mg	<b>3%</b>
<b>Carbohydrate/Glucides</b> 13g	<b>4%</b>
Fibre/Fibres 1g <b>4%</b>	
Sugars/Sucres 4g	
<b>Protein / Protéines</b> 0g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 0% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 2% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

S'moreables Graham Style Crackers

**Nutrition Facts**  
**Valeur Nutritive**

Per 1 Cookie/pour

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 60	
<b>Fat/Lipides</b> 2.00g	<b>3%</b>
Saturated/Saturé 0.50g	
+ Trans/Trans 0g <b>2%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 60mg	<b>2%</b>
<b>Carbohydrate/Glucides</b> 9g	<b>3%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 2g	

**Protein / Protéines** 0g

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 0% • Iron/Fer 0%  
 Thiamine 0% • Riboflavin/Riboflavine 0%  
 Niacin/Niacine 0% • Folate/Folate 0%

\* Based on a 2000 calorie diet

KinniKritters Animal Cookies

**Nutrition Facts**  
**Valeur Nutritive**

Per 8 cookies/pour 8 Biscuits

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 90	
<b>Fat/Lipides</b> 1.50g	<b>2%</b>
Saturated/Saturé 1.00g	
+ Trans/Trans 0g <b>5%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 25mg	<b>1%</b>
<b>Carbohydrate/Glucides</b> 17g	<b>5%</b>
Fibre/Fibres 1g <b>4%</b>	
Sugars/Sucres 2g	

**Protein / Protéines** 1g

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 2% • Iron/Fer 2%  
 Thiamine 0% • Riboflavin/Riboflavine 0%  
 Niacin/Niacine 0% • Folate/Folate 0%

\* Based on a 2000 calorie diet

KinniToos Chocolate Vanilla Sandwich Cookies

**Nutrition Facts**  
**Valeur Nutritive**

Per 1 Cookie/pour 1 Biscuit

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 60	
<b>Fat/Lipides</b> 2.50g	<b>3%</b>
Saturated/Saturé 1.00g	
+ Trans/Trans 0g <b>5%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 50mg	<b>2%</b>
<b>Carbohydrate/Glucides</b> 9g	<b>3%</b>
Fibre/Fibres 1g <b>4%</b>	
Sugars/Sucres 4g	

**Protein / Protéines** 0g

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 2% • Iron/Fer 0%  
 Thiamine 0% • Riboflavin/Riboflavine 0%  
 Niacin/Niacine 0% • Folate/Folate 0%

\* Based on a 2000 calorie diet

Montanas Chocolate Chip Cookies

**Nutrition Facts**  
**Valeur Nutritive**

Per 1 Cookie/pour 1 biscuit

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 36	
<b>Fat/Lipides</b> 1.50g	<b>2%</b>
Saturated/Saturé 0.80g	
+ Trans/Trans 0g <b>4%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 90mg	<b>3%</b>
<b>Carbohydrate/Glucides</b> 6g	<b>2%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 3g	

**Protein / Protéines** 0g

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 0% • Iron/Fer 4%  
 Thiamine 0% • Riboflavin/Riboflavine 0%  
 Niacin/Niacine 0% • Folate/Folate 0%

\* Based on a 2000 calorie diet

KinniToos Vanilla Sandwich Creme Cookies

**Nutrition Facts**  
**Valeur Nutritive**

Per 1 Cookie/pour 1 Biscuit

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 60	
<b>Fat/Lipides</b> 2.50g	<b>3%</b>
Saturated/Saturé 1.00g	
+ Trans/Trans 0g <b>5%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 55mg	<b>2%</b>
<b>Carbohydrate/Glucides</b> 10g	<b>3%</b>
Fibre/Fibres 1g <b>4%</b>	
Sugars/Sucres 3g	

**Protein / Protéines** 0g

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 0% • Iron/Fer 2%  
 Thiamine 0% • Riboflavin/Riboflavine 0%  
 Niacin/Niacine 0% • Folate/Folate 0%

\* Based on a 2000 calorie diet

Ginger Snap Cookies

**Nutrition Facts**  
**Valeur Nutritive**

Per 1 Cookie/pour 1 biscuit

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 40	
<b>Fat/Lipides</b> 1.00g	<b>1%</b>
Saturated/Saturé 0.50g	
+ Trans/Trans 0g <b>2%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 50mg	<b>2%</b>
<b>Carbohydrate/Glucides</b> 7g	<b>2%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 2g	

**Protein / Protéines** 0g

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 0% • Iron/Fer 2%  
 Thiamine 0% • Riboflavin/Riboflavine 0%  
 Niacin/Niacine 0% • Folate/Folate 0%

\* Based on a 2000 calorie diet

**Tapioca Rice Cinnamon Buns**

**Nutrition Facts**  
**Valeur Nutritive**

Per 1 Bun/pour 1 Pain

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 180	
<b>Fat/Lipides</b> 6.00g	<b>9%</b>
Saturated/Saturé 0.50g	
+ Trans/Trans 0g <b>2%</b>	
<b>Cholesterol/Cholestérol</b> 60mg	<b>20%</b>
<b>Sodium/Sodium</b> 340mg	<b>14%</b>
<b>Carbohydrate/Glucides</b> 41g	<b>13%</b>
Fibre/Fibres 6g <b>24%</b>	
Sugars/Sucres 15g	

**Protein / Protéines** 4g

Vitamin/Vitamine A 10%	Vitamin/Vitamine C 0%
Calcium/Calcium 2%	Iron/Fer 2%
Thiamine 2%	Riboflavin/Riboflavine 5%
Niacin/Niacine 2%	Folate/Folate 5%

\* Based on a 2000 calorie diet

**JB Brownie Squares**

**Nutrition Facts**  
**Valeur Nutritive**

Per 1 Piece/pour 1 Piece

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 160	
<b>Fat/Lipides</b> 10.00g	<b>15%</b>
Saturated/Saturé 4.00g	
+ Trans/Trans 0g <b>20%</b>	
<b>Cholesterol/Cholestérol</b> 50mg	<b>16%</b>
<b>Sodium/Sodium</b> 140mg	<b>5%</b>
<b>Carbohydrate/Glucides</b> 34g	<b>11%</b>
Fibre/Fibres 1g <b>4%</b>	
Sugars/Sucres 20g	

**Protein / Protéines** 2g

Vitamin/Vitamine A 15%	Vitamin/Vitamine C 0%
Calcium/Calcium 2%	Iron/Fer 2%
Thiamine 2%	Riboflavin/Riboflavine 0%
Niacin/Niacine 0%	Folate/Folate 2%

\* Based on a 2000 calorie diet

**Fruit Cake**

**Nutrition Facts**  
**Valeur Nutritive**

Per 1 Slice/pour 1 tranche

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 74	
<b>Fat/Lipides</b> 2.00g	<b>3%</b>
Saturated/Saturé 1.00g	
+ Trans/Trans 0g <b>5%</b>	
<b>Cholesterol/Cholestérol</b> 10mg	<b>3%</b>
<b>Sodium/Sodium</b> 25mg	<b>1%</b>
<b>Carbohydrate/Glucides</b> 14g	<b>4%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 8g	

**Protein / Protéines** 0g

Vitamin/Vitamine A 2%	Vitamin/Vitamine C 2%
Calcium/Calcium 0%	Iron/Fer 2%
Thiamine 0%	Riboflavin/Riboflavine 0%
Niacin/Niacine 0%	Folate/Folate 0%

\* Based on a 2000 calorie diet

**Blueberry Glazed Donut**

**Nutrition Facts**  
**Valeur Nutritive**

Per 1 donut/pour

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 140	
<b>Fat/Lipides</b> 3.00g	<b>4%</b>
Saturated/Saturé 1.50g	
+ Trans/Trans 0g <b>7%</b>	
<b>Cholesterol/Cholestérol</b> 15mg	<b>5%</b>
<b>Sodium/Sodium</b> 180mg	<b>7%</b>
<b>Carbohydrate/Glucides</b> 34g	<b>11%</b>
Fibre/Fibres 3g <b>12%</b>	
Sugars/Sucres 16g	

**Protein / Protéines** 2g

Vitamin/Vitamine A 5%	Vitamin/Vitamine C 0%
Calcium/Calcium 2%	Iron/Fer 2%
Thiamine 2%	Riboflavin/Riboflavine 2%
Niacin/Niacine 2%	Folate/Folate 5%

\* Based on a 2000 calorie diet

**Vanilla Glazed Donuts**

**Nutrition Facts**  
**Valeur Nutritive**

Per 1 Donut/pour

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 212	
<b>Fat/Lipides</b> 5.00g	<b>7%</b>
Saturated/Saturé 2.50g	
+ Trans/Trans 0g <b>12%</b>	
<b>Cholesterol/Cholestérol</b> 5mg	<b>1%</b>
<b>Sodium/Sodium</b> 230mg	<b>9%</b>
<b>Carbohydrate/Glucides</b> 39g	<b>13%</b>
Fibre/Fibres 1g <b>4%</b>	
Sugars/Sucres 17g	

**Protein / Protéines** 3g

Vitamin/Vitamine A 0%	Vitamin/Vitamine C 0%
Calcium/Calcium 4%	Iron/Fer 2%
Thiamine 0%	Riboflavin/Riboflavine 0%
Niacin/Niacine 0%	Folate/Folate 0%

\* Based on a 2000 calorie diet

**Chocolate Dipped Donuts**

**Nutrition Facts**  
**Valeur Nutritive**

Per 1 Donut/pour 1 beigne

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 220	
<b>Fat/Lipides</b> 6.00g	<b>9%</b>
Saturated/Saturé 3.00g	
+ Trans/Trans 0g <b>15%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 200mg	<b>8%</b>
<b>Carbohydrate/Glucides</b> 41g	<b>13%</b>
Fibre/Fibres 2g <b>8%</b>	
Sugars/Sucres 19g	

**Protein / Protéines** 2g

Vitamin/Vitamine A 2%	Vitamin/Vitamine C 0%
Calcium/Calcium 2%	Iron/Fer 4%
Thiamine 0%	Riboflavin/Riboflavine 0%
Niacin/Niacine 0%	Folate/Folate 0%

\* Based on a 2000 calorie diet

Cinnamon Sugar Donuts

Nutrition Facts		Valeur Nutritive	
Per 1 Donut/pour 1 beigne			
Amount Teneur		% Daily Value	% valeur quotidienne
<b>Calories/Calories</b> 170			
<b>Fat/Lipides</b>	4.50g		<b>6%</b>
	Saturated/Saturé 2.50g		
	+ Trans/Trans 0g		<b>12%</b>
<b>Cholesterol/Cholestérol</b>	5mg		<b>1%</b>
<b>Sodium/Sodium</b>	230mg		<b>9%</b>
<b>Carbohydrate/Glucides</b>	30g		<b>10%</b>
	Fibre/Fibres 1g		<b>4%</b>
	Sugars/Sucres 11g		
<b>Protein / Protéines</b> 2g			
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 4% • Iron/Fer 2% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%			
* Based on a 2000 calorie diet			

Maple Glazed Donuts

Nutrition Facts		Valeur Nutritive	
Per 1 Donut/pour			
Amount Teneur		% Daily Value	% valeur quotidienne
<b>Calories/Calories</b> 220			
<b>Fat/Lipides</b>	6.00g		<b>9%</b>
	Saturated/Saturé 3.50g		
	+ Trans/Trans 0g		<b>17%</b>
<b>Cholesterol/Cholestérol</b>	0mg		<b>0%</b>
<b>Sodium/Sodium</b>	190mg		<b>7%</b>
<b>Carbohydrate/Glucides</b>	41g		<b>13%</b>
	Fibre/Fibres 1g		<b>4%</b>
	Sugars/Sucres 20g		
<b>Protein / Protéines</b> 2g			
Vitamin/Vitamine A 2% • Vitamin/Vitamine C 0% Calcium/Calcium 2% • Iron/Fer 2% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%			
* Based on a 2000 calorie diet			

Blueberry Muffins

Nutrition Facts		Valeur Nutritive	
Per 1 Muffin/pour 1 Muffin			
Amount Teneur		% Daily Value	% valeur quotidienne
<b>Calories/Calories</b> 190			
<b>Fat/Lipides</b>	7.00g		<b>10%</b>
	Saturated/Saturé 2.00g		
	+ Trans/Trans 0g		<b>10%</b>
<b>Cholesterol/Cholestérol</b>	10mg		<b>3%</b>
<b>Sodium/Sodium</b>	320mg		<b>13%</b>
<b>Carbohydrate/Glucides</b>	32g		<b>10%</b>
	Fibre/Fibres 3g		<b>12%</b>
	Sugars/Sucres 18g		
<b>Protein / Protéines</b> 1g			
Vitamin/Vitamine A 15% • Vitamin/Vitamine C 0% Calcium/Calcium 2% • Iron/Fer 2% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%			
* Based on a 2000 calorie diet			

Carrot Muffins

Nutrition Facts		Valeur Nutritive	
Per 1 Muffin/pour 1 Muffin			
Amount Teneur		% Daily Value	% valeur quotidienne
<b>Calories/Calories</b> 170			
<b>Fat/Lipides</b>	6.00g		<b>9%</b>
	Saturated/Saturé 1.00g		
	+ Trans/Trans 0g		<b>5%</b>
<b>Cholesterol/Cholestérol</b>	15mg		<b>5%</b>
<b>Sodium/Sodium</b>	300mg		<b>12%</b>
<b>Carbohydrate/Glucides</b>	27g		<b>9%</b>
	Fibre/Fibres 3g		<b>12%</b>
	Sugars/Sucres 13g		
<b>Protein / Protéines</b> 2g			
Vitamin/Vitamine A 20% • Vitamin/Vitamine C 0% Calcium/Calcium 2% • Iron/Fer 4% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%			
* Based on a 2000 calorie diet			

Chocolate Chip Muffins

Nutrition Facts		Valeur Nutritive	
Per 1 Muffin/pour 1 Muffin			
Amount Teneur		% Daily Value	% valeur quotidienne
<b>Calories/Calories</b> 170			
<b>Fat/Lipides</b>	9.00g		<b>13%</b>
	Saturated/Saturé 2.00g		
	+ Trans/Trans 0g		<b>10%</b>
<b>Cholesterol/Cholestérol</b>	20mg		<b>6%</b>
<b>Sodium/Sodium</b>	170mg		<b>7%</b>
<b>Carbohydrate/Glucides</b>	28g		<b>9%</b>
	Fibre/Fibres 2g		<b>8%</b>
	Sugars/Sucres 15g		
<b>Protein / Protéines</b> 1g			
Vitamin/Vitamine A 5% • Vitamin/Vitamine C 0% Calcium/Calcium 2% • Iron/Fer 2% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 2% • Folate/Folate 2%			
* Based on a 2000 calorie diet			

Lemon Poppy Seed Jumbo Muffin

Nutrition Facts		Valeur Nutritive	
Per 1 Muffin/pour			
Amount Teneur		% Daily Value	% valeur quotidienne
<b>Calories/Calories</b> 470			
<b>Fat/Lipides</b>	27.00g		<b>41%</b>
	Saturated/Saturé 3.50g		
	+ Trans/Trans 0g		<b>17%</b>
<b>Cholesterol/Cholestérol</b>	90mg		<b>30%</b>
<b>Sodium/Sodium</b>	420mg		<b>17%</b>
<b>Carbohydrate/Glucides</b>	53g		<b>17%</b>
	Fibre/Fibres 1g		<b>4%</b>
	Sugars/Sucres 22g		
<b>Protein / Protéines</b> 4g			
Vitamin/Vitamine A 30% • Vitamin/Vitamine C 0% Calcium/Calcium 5% • Iron/Fer 2% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 2%			
* Based on a 2000 calorie diet			

Harvest Crunch Jumbo Muffin

**Nutrition Facts**  
**Valeur Nutritive**

Per 1 Muffin/pour

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 490	
<b>Fat/Lipides</b> 30.00g	<b>46%</b>
Saturated/Saturé 3.50g	
+ Trans/Trans 0g <b>17%</b>	
<b>Cholesterol/Cholestérol</b> 85mg	<b>28%</b>
<b>Sodium/Sodium</b> 370mg	<b>15%</b>
<b>Carbohydrate/Glucides</b> 51g	<b>17%</b>
Fibre/Fibres 2g <b>8%</b>	
Sugars/Sucres 20g	
<b>Protein / Protéines</b> 6g	

Vitamin/Vitamine A 30% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 5% • Iron/Fer 5%  
 Thiamine 15% • Riboflavin/Riboflavine 2%  
 Niacin/Niacine 2% • Folate/Folate 7%

\* Based on a 2000 calorie diet

Chocolate Lovers Jumbo Muffin

**Nutrition Facts**  
**Valeur Nutritive**

Per 1 Muffin/pour

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 460	
<b>Fat/Lipides</b> 26.00g	<b>40%</b>
Saturated/Saturé 4.50g	
+ Trans/Trans 0g <b>22%</b>	
<b>Cholesterol/Cholestérol</b> 80mg	<b>26%</b>
<b>Sodium/Sodium</b> 350mg	<b>14%</b>
<b>Carbohydrate/Glucides</b> 50g	<b>16%</b>
Fibre/Fibres 2g <b>8%</b>	
Sugars/Sucres 24g	
<b>Protein / Protéines</b> 4g	

Vitamin/Vitamine A 25% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 2% • Iron/Fer 5%  
 Thiamine 0% • Riboflavin/Riboflavine 0%  
 Niacin/Niacine 0% • Folate/Folate 2%

\* Based on a 2000 calorie diet

Personal Size Pizza Crust

**Nutrition Facts**  
**Valeur Nutritive**

Per 1/2 Crust (67g)/pour 1 Tranche

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 248	
<b>Fat/Lipides</b> 7.00g	<b>10%</b>
Saturated/Saturé 1.00g	
+ Trans/Trans 0g <b>5%</b>	
<b>Cholesterol/Cholestérol</b> 26mg	<b>8%</b>
<b>Sodium/Sodium</b> 180mg	<b>7%</b>
<b>Carbohydrate/Glucides</b> 41g	<b>13%</b>
Fibre/Fibres 5g <b>20%</b>	
Sugars/Sucres 4g	
<b>Protein / Protéines</b> 4g	

Vitamin/Vitamine A 3% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 0% • Iron/Fer 6%  
 Thiamine 3% • Riboflavin/Riboflavine 2%  
 Niacin/Niacine 2% • Folate/Folate 2%

\* Based on a 2000 calorie diet

**Nutrition Facts**  
**Valeur Nutritive**

Per 1 cookie/pour

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 0	
<b>Fat/Lipides</b> 0.00g	<b>0%</b>
Saturated/Saturé 0.00g	
+ Trans/Trans 0g <b>0%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 0mg	<b>0%</b>
<b>Carbohydrate/Glucides</b> 0g	<b>0%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 0g	
<b>Protein / Protéines</b> 0g	

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 0% • Iron/Fer 0%  
 Thiamine 0% • Riboflavin/Riboflavine 0%  
 Niacin/Niacine 0% • Folate/Folate 0%

\* Based on a 2000 calorie diet

**Nutrition Facts**  
**Valeur Nutritive**

Per 1 Muffin/pour

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 0	
<b>Fat/Lipides</b> 0.00g	<b>0%</b>
Saturated/Saturé 0.00g	
+ Trans/Trans 0g <b>0%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 0mg	<b>0%</b>
<b>Carbohydrate/Glucides</b> 0g	<b>0%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 0g	
<b>Protein / Protéines</b> 0g	

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 0% • Iron/Fer 0%  
 Thiamine 0% • Riboflavin/Riboflavine 0%  
 Niacin/Niacine 0% • Folate/Folate 0%

\* Based on a 2000 calorie diet

**Nutrition Facts**  
**Valeur Nutritive**

Per 1 bagel/pour

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories/Calories</b> 0	
<b>Fat/Lipides</b> 0.00g	<b>0%</b>
Saturated/Saturé 0.00g	
+ Trans/Trans 0g <b>0%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 0mg	<b>0%</b>
<b>Carbohydrate/Glucides</b> 0g	<b>0%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 0g	
<b>Protein / Protéines</b> 0g	

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%  
 Calcium/Calcium 0% • Iron/Fer 0%  
 Thiamine 0% • Riboflavin/Riboflavine 0%  
 Niacin/Niacine 0% • Folate/Folate 0%

\* Based on a 2000 calorie diet

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per /pour	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories 0</b>	
<b>Fat/Lipides</b> 0.00g	<b>0%</b>
Saturated/Saturé 0.00g	
+ Trans/Trans 0g <b>0%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 0mg	<b>0%</b>
<b>Carbohydrate/Glucides</b> 0g	<b>0%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 0g	
<b>Protein / Protéines</b> 0g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 0% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Slice/pour	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories 0</b>	
<b>Fat/Lipides</b> 0.00g	<b>0%</b>
Saturated/Saturé 0.00g	
+ Trans/Trans 0g <b>0%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 0mg	<b>0%</b>
<b>Carbohydrate/Glucides</b> 0g	<b>0%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 0g	
<b>Protein / Protéines</b> 0g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 0% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Slice/pour	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories 0</b>	
<b>Fat/Lipides</b> 0.00g	<b>0%</b>
Saturated/Saturé 0.00g	
+ Trans/Trans 0g <b>0%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 0mg	<b>0%</b>
<b>Carbohydrate/Glucides</b> 0g	<b>0%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 0g	
<b>Protein / Protéines</b> 0g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 0% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

CASE Tapioca Rice Cheese Bread

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Slice/pour	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories 0</b>	
<b>Fat/Lipides</b> 0.00g	<b>0%</b>
Saturated/Saturé 0.00g	
+ Trans/Trans 0g <b>0%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 0mg	<b>0%</b>
<b>Carbohydrate/Glucides</b> 0g	<b>0%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 0g	
<b>Protein / Protéines</b> 0g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 0% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per /pour	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories 0</b>	
<b>Fat/Lipides</b> 0.00g	<b>0%</b>
Saturated/Saturé 0.00g	
+ Trans/Trans 0g <b>0%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 0mg	<b>0%</b>
<b>Carbohydrate/Glucides</b> 0g	<b>0%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 0g	
<b>Protein / Protéines</b> 0g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 0% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per /pour	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories 0</b>	
<b>Fat/Lipides</b> 0.00g	<b>0%</b>
Saturated/Saturé 0.00g	
+ Trans/Trans 0g <b>0%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 0mg	<b>0%</b>
<b>Carbohydrate/Glucides</b> 0g	<b>0%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 0g	
<b>Protein / Protéines</b> 0g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 0% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 Slice/pour	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories 0</b>	
<b>Fat/Lipides</b> 0.00g	<b>0%</b>
Saturated/Saturé 0.00g	
+ Trans/Trans 0g <b>0%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 0mg	<b>0%</b>
<b>Carbohydrate/Glucides</b> 0g	<b>0%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 0g	
<b>Protein / Protéines</b> 0g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 0% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 bagel/pour	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories 0</b>	
<b>Fat/Lipides</b> 0.00g	<b>0%</b>
Saturated/Saturé 0.00g	
+ Trans/Trans 0g <b>0%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 0mg	<b>0%</b>
<b>Carbohydrate/Glucides</b> 0g	<b>0%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 0g	
<b>Protein / Protéines</b> 0g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 0% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 waffle/pour	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories 0</b>	
<b>Fat/Lipides</b> 0.00g	<b>0%</b>
Saturated/Saturé 0.00g	
+ Trans/Trans 0g <b>0%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 0mg	<b>0%</b>
<b>Carbohydrate/Glucides</b> 0g	<b>0%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 0g	
<b>Protein / Protéines</b> 0g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 0% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

<b>Nutrition Facts</b>	
<b>Valeur Nutritive</b>	
Per 1 waffle/pour	
<b>Amount Teneur</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Calories/Calories 0</b>	
<b>Fat/Lipides</b> 0.00g	<b>0%</b>
Saturated/Saturé 0.00g	
+ Trans/Trans 0g <b>0%</b>	
<b>Cholesterol/Cholestérol</b> 0mg	<b>0%</b>
<b>Sodium/Sodium</b> 0mg	<b>0%</b>
<b>Carbohydrate/Glucides</b> 0g	<b>0%</b>
Fibre/Fibres 0g <b>0%</b>	
Sugars/Sucres 0g	
<b>Protein / Protéines</b> 0g	
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 0% • Iron/Fer 0% Thiamine 0% • Riboflavin/Riboflavine 0% Niacin/Niacine 0% • Folate/Folate 0%	
* Based on a 2000 calorie diet	