

White Sandwich Bread

Nutrition Facts
Valeur Nutritive

Per 1 Slice/pour 1 Tranche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 70	
Fat/Lipides 2.00g	3%
Saturated/Saturé 0.20g	
+ Trans/Trans 0g 1%	
Cholesterol/Cholestérol 15mg	5%
Sodium/Sodium 150mg	6%
Carbohydrate/Glucides 15g	5%
Fibre/Fibres 2g 8%	
Sugars/Sucres 2g	
Protein / Protéines 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
Calories/Calories 70	
Fat/Lipides 2.00g	3%
Saturated/Saturé 0.30g	
+ Trans/Trans 0g 1%	
Cholesterol/Cholestérol 15mg	5%
Sodium/Sodium 160mg	6%
Carbohydrate/Glucides 14g	4%
Fibre/Fibres 2g 8%	
Sugars/Sucres 2g	
Protein / Protéines 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

Many Wonder Multigrain Rice Bread

Nutrition Facts
Valeur Nutritive

Per 1 Slice/pour 1 Tranche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 90	
Fat/Lipides 3.50g	5%
Saturated/Saturé 0.40g	
+ Trans/Trans 0g 2%	
Cholesterol/Cholestérol 20mg	6%
Sodium/Sodium 120mg	5%
Carbohydrate/Glucides 18g	6%
Fibre/Fibres 3g 12%	
Sugars/Sucres 2g	
Protein / Protéines 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

Nutrition Facts
Valeur Nutritive

Per 1 Slice/pour 1 Tranche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 90	
Fat/Lipides 2.50g	3%
Saturated/Saturé 0.30g	
+ Trans/Trans 0g 1%	
Cholesterol/Cholestérol 20mg	6%
Sodium/Sodium 130mg	5%
Carbohydrate/Glucides 20g	6%
Fibre/Fibres 1g 4%	
Sugars/Sucres 5g	
Protein / Protéines 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

Nutrition Facts
Valeur Nutritive

Per 1 Slice/pour 1 Tranche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 100	
Fat/Lipides 2.50g	3%
Saturated/Saturé 0.30g	
+ Trans/Trans 0g 1%	
Cholesterol/Cholestérol 20mg	6%
Sodium/Sodium 135mg	5%
Carbohydrate/Glucides 23g	7%
Fibre/Fibres 2g 8%	
Sugars/Sucres 7g	
Protein / Protéines 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

Nutrition Facts
Valeur Nutritive

Per 1 Slice/pour 1 Tranche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 100	
Fat/Lipides 3.00g	4%
Saturated/Saturé 0.50g	
+ Trans/Trans 0g 2%	
Cholesterol/Cholestérol 25mg	8%
Sodium/Sodium 210mg	8%
Carbohydrate/Glucides 21g	7%
Fibre/Fibres 1g 4%	
Sugars/Sucres 4g	
Protein / Protéines 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

Robins Honey Brown Rice Bread

Nutrition Facts	
Valeur Nutritive	
Per 1 Slice/pour 1 Tranche	
Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 80	
Fat/Lipides 3.00g	4%
Saturated/Saturé 0.40g	
+ Trans/Trans 0g 2%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 210mg	8%
Carbohydrate/Glucides 20g	6%
Fibre/Fibres 1g 4%	
Sugars/Sucres 3g	
Protein / Protéines 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
Calories/Calories 90	
Fat/Lipides 2.50g	3%
Saturated/Saturé 0.30g	
+ Trans/Trans 0g 1%	
Cholesterol/Cholestérol 20mg	6%
Sodium/Sodium 190mg	7%
Carbohydrate/Glucides 20g	6%
Fibre/Fibres 1g 4%	
Sugars/Sucres 4g	
Protein / Protéines 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
Calories/Calories 90	
Fat/Lipides 4.50g	6%
Saturated/Saturé 0.40g	
+ Trans/Trans 0g 2%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 280mg	11%
Carbohydrate/Glucides 16g	5%
Fibre/Fibres 2g 8%	
Sugars/Sucres 2g	
Protein / Protéines 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	

Festive Bread

Nutrition Facts	
Valeur Nutritive	
Per 1 Slice/pour 1 Tranche	
Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 100	
Fat/Lipides 1.50g	2%
Saturated/Saturé 0.30g	
+ Trans/Trans 0g 1%	
Cholesterol/Cholestérol 15mg	5%
Sodium/Sodium 180mg	7%
Carbohydrate/Glucides 19g	6%
Fibre/Fibres 1g 4%	
Sugars/Sucres 4g	
Protein / Protéines 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

Nutrition Facts	
Valeur Nutritive	
Per 1 Slice/pour 1 Tranche	
Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 90	
Fat/Lipides 3.50g	5%
Saturated/Saturé 0.40g	
+ Trans/Trans 0g 2%	
Cholesterol/Cholestérol 20mg	6%
Sodium/Sodium 270mg	11%
Carbohydrate/Glucides 16g	5%
Fibre/Fibres 1g 4%	
Sugars/Sucres 1g	
Protein / Protéines 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

Nutrition Facts	
Valeur Nutritive	
Per 1 Slice/pour 1 Tranche	
Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 80	
Fat/Lipides 2.00g	3%
Saturated/Saturé 0.30g	
+ Trans/Trans 0g 1%	
Cholesterol/Cholestérol 15mg	5%
Sodium/Sodium 170mg	7%
Carbohydrate/Glucides 17g	5%
Fibre/Fibres 2g 8%	
Sugars/Sucres 3g	
Protein / Protéines 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 English Muffins

Nutrition Facts	
Valeur Nutritive	
Per 1 Bun/pour 1 Pain	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 242	
Fat/Lipides 3.50g	5%
Saturated/Saturé 0.30g	
+ Trans/Trans 0g	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 260mg	10%
Carbohydrate/Glucides 41g	13%
Fibre/Fibres 2g	
Sugars/Sucres 6g	
Protein / Protéines 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

Nutrition Facts	
Valeur Nutritive	
Per 1 Bun/pour 1 Pain	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 180	
Fat/Lipides 3.50g	5%
Saturated/Saturé 0.50g	
+ Trans/Trans 0g	
Cholesterol/Cholestérol 15mg	5%
Sodium/Sodium 290mg	12%
Carbohydrate/Glucides 35g	11%
Fibre/Fibres 4g	
Sugars/Sucres 16g	
Protein / Protéines 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

Nutrition Facts	
Valeur Nutritive	
Per 1 Bun/pour 1 Pain	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 230	
Fat/Lipides 7.00g	10%
Saturated/Saturé 0.50g	
+ Trans/Trans 0g	
Cholesterol/Cholestérol 5mg	1%
Sodium/Sodium 330mg	13%
Carbohydrate/Glucides 36g	12%
Fibre/Fibres 4g	
Sugars/Sucres 8g	
Protein / Protéines 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

Nutrition Facts	
Valeur Nutritive	
Per 1 Bun/pour 1 Pain	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 251	
Fat/Lipides 7.50g	11%
Saturated/Saturé 0.50g	
+ Trans/Trans 0g	
Cholesterol/Cholestérol 5mg	1%
Sodium/Sodium 360mg	15%
Carbohydrate/Glucides 39g	13%
Fibre/Fibres 4g	
Sugars/Sucres 9g	
Protein / Protéines 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	

Tapioca Rice Tray Buns

Nutrition Facts	
Valeur Nutritive	
Per 1 Bun/pour 1 Pain	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 80	
Fat/Lipides 2.00g	3%
Saturated/Saturé 0.30g	
+ Trans/Trans 0g	
Cholesterol/Cholestérol 15mg	5%
Sodium/Sodium 160mg	6%
Carbohydrate/Glucides 17g	5%
Fibre/Fibres 2g	
Sugars/Sucres 3g	
Protein / Protéines 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	

Kinni-Kwik Bread & Bun Mix

Nutrition Facts	
Valeur Nutritive	
Per 100 g/ dry mix/pour 100g seche	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 340	
Fat/Lipides 2.50g	3%
Saturated/Saturé 1.00g	
+ Trans/Trans 0g	
Cholesterol/Cholestérol 105mg	35%
Sodium/Sodium 910mg	37%
Carbohydrate/Glucides 77g	25%
Fibre/Fibres 10g	
Sugars/Sucres 14g	
Protein / Protéines 9g	
Vitamin/Vitamine A 60% • Vitamin/Vitamine C 0% Calcium/Calcium 2% • Iron/Fer 2% Thiamine 2% • Riboflavin/Riboflavine 5% Niacin/Niacine 2% • Folate/Folate 0%	
* Based on a 2000 calorie diet	

Pancake & Waffle Mix

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 378	
Fat/Lipides 2.00g	3%
Saturated/Saturé 0.10g	
+ Trans/Trans 0g	0%
Cholesterol/Cholestérol 70mg	23%
Sodium/Sodium 700mg	29%
Carbohydrate/Glucides 86g	28%
Fibre/Fibres 6g	24%
Sugars/Sucres 16g	
Protein / Protéines 7g	

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

* Based on a 2000 calorie diet

White Cake Mix

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 350	
Fat/Lipides 0.40g	0%
Saturated/Saturé 0.10g	
+ Trans/Trans 0g	0%
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 740mg	30%
Carbohydrate/Glucides 85g	28%
Fibre/Fibres 2g	8%
Sugars/Sucres 41g	
Protein / Protéines 2g	

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

* Based on a 2000 calorie diet

All Purpose Mix

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 340	
Fat/Lipides 2.00g	3%
Saturated/Saturé 0.50g	
+ Trans/Trans 0g	2%
Cholesterol/Cholestérol 60mg	20%
Sodium/Sodium 1230mg	51%
Carbohydrate/Glucides 86g	28%
Fibre/Fibres 14g	56%
Sugars/Sucres 18g	
Protein / Protéines 7g	

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

* Based on a 2000 calorie diet

Cookie Mix

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 340	
Fat/Lipides 0.50g	0%
Saturated/Saturé 0.00g	
+ Trans/Trans 0g	0%
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 1080mg	45%
Carbohydrate/Glucides 58g	19%
Fibre/Fibres 11g	44%
Sugars/Sucres 0g	
Protein / Protéines 30g	

Vitamin/Vitamine A 2% • Vitamin/Vitamine C 0%
 Calcium/Calcium 20% • Iron/Fer 30%
 Thiamine 30% • Riboflavin/Riboflavine 7%
 Niacin/Niacine 2% • Folate/Folate 50%

* Based on a 2000 calorie diet

Muffin Mix

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 350	
Fat/Lipides 0.50g	0%
Saturated/Saturé 0.10g	
+ Trans/Trans 0g	0%
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 790mg	32%
Carbohydrate/Glucides 80g	26%
Fibre/Fibres 2g	8%
Sugars/Sucres 0g	
Protein / Protéines 5g	

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

* Based on a 2000 calorie diet

Pizza Crust Mix

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 400	
Fat/Lipides 1.00g	1%
Saturated/Saturé 0.30g	
+ Trans/Trans 0g	1%
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 770mg	32%
Carbohydrate/Glucides 91g	30%
Fibre/Fibres 4g	16%
Sugars/Sucres 0g	
Protein / Protéines 3g	

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

* Based on a 2000 calorie diet

Angel Food Cake Mix

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 418	
Fat/Lipides 0.20g	0%
Saturated/Saturé 0.00g	
+ Trans/Trans 0g	0%
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 75mg	3%
Carbohydrate/Glucides 104g	34%
Fibre/Fibres 0g	0%
Sugars/Sucres 68g	

Protein / Protéines 1g

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

* Based on a 2000 calorie diet

Cornbread and Muffin Mix

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 380	
Fat/Lipides 2.00g	3%
Saturated/Saturé 0.30g	
+ Trans/Trans 0g	1%
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 270mg	11%
Carbohydrate/Glucides 81g	27%
Fibre/Fibres 6g	24%
Sugars/Sucres 16g	

Protein / Protéines 10g

Vitamin/Vitamine A 10% • Vitamin/Vitamine C 0%
 Calcium/Calcium 5% • Iron/Fer 15%
 Thiamine 25% • Riboflavin/Riboflavine 7%
 Niacin/Niacine 20% • Folate/Folate 10%

* Based on a 2000 calorie diet

Kinni-Kwik Sunflower Flax Bread & Bun Mix

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 370	
Fat/Lipides 8.00g	12%
Saturated/Saturé 1.00g	
+ Trans/Trans 0g	5%
Cholesterol/Cholestérol 90mg	30%
Sodium/Sodium 790mg	32%
Carbohydrate/Glucides 70g	23%
Fibre/Fibres 11g	44%
Sugars/Sucres 12g	

Protein / Protéines 10g

Vitamin/Vitamine A 50% • Vitamin/Vitamine C 0%
 Calcium/Calcium 5% • Iron/Fer 7%
 Thiamine 15% • Riboflavin/Riboflavine 5%
 Niacin/Niacine 2% • Folate/Folate 15%

* Based on a 2000 calorie diet

Sponge Cake Mix

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 320	
Fat/Lipides 0.20g	0%
Saturated/Saturé 0.00g	
+ Trans/Trans 0g	0%
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 530mg	22%
Carbohydrate/Glucides 77g	25%
Fibre/Fibres 0g	0%
Sugars/Sucres 0g	

Protein / Protéines 1g

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

Candadi Yeast Free Rice Bread Mix

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 390	
Fat/Lipides 2.50g	3%
Saturated/Saturé 0.50g	
+ Trans/Trans 0g	2%
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 860mg	35%
Carbohydrate/Glucides 86g	28%
Fibre/Fibres 7g	28%
Sugars/Sucres 3g	

Protein / Protéines 5g

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%
 Calcium/Calcium 2% • Iron/Fer 45%
 Thiamine 90% • Riboflavin/Riboflavine 40%
 Niacin/Niacine 35% • Folate/Folate 2%

* Based on a 2000 calorie diet

Crispy Chicken Coating Mix

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 89	
Fat/Lipides 0.50g	0%
Saturated/Saturé 0.10g	
+ Trans/Trans 0g	0%
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 880mg	36%
Carbohydrate/Glucides 21g	7%
Fibre/Fibres 2g	8%
Sugars/Sucres 3g	

Protein / Protéines 2g

Vitamin/Vitamine A 80% • Vitamin/Vitamine C 2%
 Calcium/Calcium 5% • Iron/Fer 7%
 Thiamine 2% • Riboflavin/Riboflavine 2%
 Niacin/Niacine 2% • Folate/Folate 2%

* Based on a 2000 calorie diet

Tapioca Rice Bread Mix

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 350	
Fat/Lipides 0.50g	0%
Saturated/Saturé 0.20g	
+ Trans/Trans 0g 1%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 770mg	32%
Carbohydrate/Glucides 92g	30%
Fibre/Fibres 11g 44%	
Sugars/Sucres 16g	

Protein / Protéines 5g

Vitamin/Vitamine A 0%	Vitamin/Vitamine C 0%
Calcium/Calcium 2%	Iron/Fer 20%
Thiamine 35%	Riboflavin/Riboflavine 20%
Niacin/Niacine 10%	Folate/Folate 0%

* Based on a 2000 calorie diet

Chocolate Cake Mix

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 370	
Fat/Lipides 2.50g	3%
Saturated/Saturé 0.10g	
+ Trans/Trans 0g 0%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 590mg	24%
Carbohydrate/Glucides 81g	27%
Fibre/Fibres 3g 12%	
Sugars/Sucres 43g	

Protein / Protéines 4g

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

* Based on a 2000 calorie diet

Pastry & Pie Crust Mix

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 380	
Fat/Lipides 1.00g	1%
Saturated/Saturé 0.20g	
+ Trans/Trans 0g 1%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 1060mg	44%
Carbohydrate/Glucides 86g	28%
Fibre/Fibres 4g 16%	
Sugars/Sucres 0g	

Protein / Protéines 6g

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

* Based on a 2000 calorie diet

Cinnamon and Brown Sugar Homestyle Waffles

Nutrition Facts
Valeur Nutritive

Per 1 Waffle/pour

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

Protein / Protéines 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

Nutrition Facts
Valeur Nutritive

Per 1 Waffle/pour

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 110	
Fat/Lipides 3.50g	5%
Saturated/Saturé 0.40g	
+ Trans/Trans 0g 2%	
Cholesterol/Cholestérol 10mg	3%
Sodium/Sodium 210mg	8%
Carbohydrate/Glucides 19g	6%
Fibre/Fibres 1g 4%	
Sugars/Sucres 3g	

Protein / Protéines 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

Nutrition Facts
Valeur Nutritive

Per 1 cup/pour 1 cup

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 100	
Fat/Lipides 0.40g	0%
Saturated/Saturé 0.10g	
+ Trans/Trans 0g 0%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 80mg	3%
Carbohydrate/Glucides 22g	7%
Fibre/Fibres 0g 0%	
Sugars/Sucres 1g	

Protein / Protéines 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

Nutrition Facts
Valeur Nutritive

Per 30g/pour

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 110	
Fat/Lipides 1.00g	1%
Saturated/Saturé 0.40g	
+ Trans/Trans 0g 2%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 350mg	14%
Carbohydrate/Glucides 24g	8%
Fibre/Fibres 2g 8%	
Sugars/Sucres 0g	
Protein / Protéines 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

Nutrition Facts
Valeur Nutritive

Per 125ml/1/2 Cup/pour 125ml/1/2 Cup

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 50	
Fat/Lipides 3.00g	4%
Saturated/Saturé 1.50g	
+ Trans/Trans 0g 7%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 70mg	2%
Carbohydrate/Glucides 13g	4%
Fibre/Fibres 0g 0%	
Sugars/Sucres 4g	
Protein / Protéines 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

All Purpose Celiac Flour

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 350	
Fat/Lipides 0.50g	0%
Saturated/Saturé 0.20g	
+ Trans/Trans 0g 1%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 55mg	2%
Carbohydrate/Glucides 82g	27%
Fibre/Fibres 2g 8%	
Sugars/Sucres 0g	
Protein / Protéines 3g	

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

* Based on a 2000 calorie diet

Bread Cubes

Nutrition Facts
Valeur Nutritive

Per 100g/4.2oz dry/pour

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 60	
Fat/Lipides 1.50g	2%
Saturated/Saturé 0.20g	
+ Trans/Trans 0g 1%	
Cholesterol/Cholestérol 15mg	5%
Sodium/Sodium 150mg	6%
Carbohydrate/Glucides 10g	3%
Fibre/Fibres 1g 4%	
Sugars/Sucres 2g	
Protein / Protéines 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

Nutrition Facts
Valeur Nutritive

Per 100g/4oz Dry Mix/pour 100g/4oz Dry Mix

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 380	
Fat/Lipides 20.00g	30%
Saturated/Saturé 15.00g	
+ Trans/Trans 0g 75%	
Cholesterol/Cholestérol 5mg	1%
Sodium/Sodium 1570mg	65%
Carbohydrate/Glucides 91g	30%
Fibre/Fibres 16g 64%	
Sugars/Sucres 22g	
Protein / Protéines 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

KinnActive Baking Powder

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 5	
Fat/Lipides 0.00g	0%
Saturated/Saturé 0.00g	
+ Trans/Trans 0g 0%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 420mg	17%
Carbohydrate/Glucides 1g	0%
Fibre/Fibres 0g 0%	
Sugars/Sucres 0g	
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

White Rice Flour

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 334	
Fat/Lipides 1.50g	2%
Saturated/Saturé 0.40g	
+ Trans/Trans 0g 2%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 0mg	0%
Carbohydrate/Glucides 80g	26%
Fibre/Fibres 2g 8%	
Sugars/Sucres 0g	
Protein / Protéines 6g	

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

* Based on a 2000 calorie diet

Sweet Rice Flour

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 339	
Fat/Lipides 2.50g	3%
Saturated/Saturé 0.50g	
+ Trans/Trans 0g 2%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 0mg	0%
Carbohydrate/Glucides 79g	26%
Fibre/Fibres 4g 16%	
Sugars/Sucres 0g	
Protein / Protéines 6g	

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%
 Calcium/Calcium 2% • Iron/Fer 7%
 Thiamine 30% • Riboflavin/Riboflavine 35%
 Niacin/Niacine 30% • Folate/Folate 2%

* Based on a 2000 calorie diet

Corn Meal

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 360	
Fat/Lipides 3.50g	5%
Saturated/Saturé 0.50g	
+ Trans/Trans 0g 2%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 35mg	1%
Carbohydrate/Glucides 77g	25%
Fibre/Fibres 7g 28%	
Sugars/Sucres 0g	
Protein / Protéines 8g	

Vitamin/Vitamine A 45% • Vitamin/Vitamine C 0%
 Calcium/Calcium 0% • Iron/Fer 25%
 Thiamine 30% • Riboflavin/Riboflavine 10%
 Niacin/Niacine 20% • Folate/Folate 10%

* Based on a 2000 calorie diet

Potato Starch

Nutrition Facts
Valeur Nutritive

Per 100 g dry mix/pour 100 g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 328	
Fat/Lipides 0.00g	0%
Saturated/Saturé 0.00g	
+ Trans/Trans 0g 0%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 10mg	0%
Carbohydrate/Glucides 82g	27%
Fibre/Fibres 0g 0%	
Sugars/Sucres 0g	
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

Tapioca Starch

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 380	
Fat/Lipides 0.10g	0%
Saturated/Saturé 0.00g	
+ Trans/Trans 0g 0%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 10mg	0%
Carbohydrate/Glucides 91g	30%
Fibre/Fibres 1g 4%	
Sugars/Sucres 0g	
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

Rice Bran

Nutrition Facts
Valeur Nutritive

Per 100 g/ dry mix/pour 100g seche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 320	
Fat/Lipides 21.00g	32%
Saturated/Saturé 4.00g	
+ Trans/Trans 0g 20%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 5mg	0%
Carbohydrate/Glucides 50g	16%
Fibre/Fibres 35g 140%	
Sugars/Sucres 1g	
Protein / Protéines 13g	

Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0%
 Calcium/Calcium 5% • Iron/Fer 130%
 Thiamine 210% • Riboflavin/Riboflavine 15%
 Niacin/Niacine 180% • Folate/Folate 30%

* Based on a 2000 calorie diet

Xanthan Gum

Nutrition Facts		Valeur Nutritive	
Per 100 g/ dry mix/pour 100g seche			
Amount Teneur		% Daily Value	% valeur quotidienne
Calories/Calories 3			
Fat/Lipides 0.00g 0%			
Saturated/Saturé 0.00g			
+ Trans/Trans 0g 0%			
Cholesterol/Cholestérol 0mg 0%			
Sodium/Sodium 135mg 5%			
Carbohydrate/Glucides 4g 1%			
Fibre/Fibres 4g 16%			
Sugars/Sucres 0g			
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			

Guar Gum

Nutrition Facts		Valeur Nutritive	
Per 100 g/ dry mix/pour 100g seche			
Amount Teneur		% Daily Value	% valeur quotidienne
Calories/Calories 20			
Fat/Lipides 0.00g 0%			
Saturated/Saturé 0.00g			
+ Trans/Trans 0g 0%			
Cholesterol/Cholestérol 0mg 0%			
Sodium/Sodium 1mg 0%			
Carbohydrate/Glucides 5g 1%			
Fibre/Fibres 4g 16%			
Sugars/Sucres 0g			
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			

Soya Flour

Nutrition Facts		Valeur Nutritive	
Per 100 g/ dry mix/pour 100g seche			
Amount Teneur		% Daily Value	% valeur quotidienne
Calories/Calories 161			
Fat/Lipides 1.00g 1%			
Saturated/Saturé 0.00g			
+ Trans/Trans 0g 0%			
Cholesterol/Cholestérol 0mg 0%			
Sodium/Sodium 20mg 0%			
Carbohydrate/Glucides 38g 12%			
Fibre/Fibres 18g 72%			
Sugars/Sucres 0g			
Protein / Protéines 47g			
Vitamin/Vitamine A 2% • Vitamin/Vitamine C 0% Calcium/Calcium 20% • Iron/Fer 70% Thiamine 15% • Riboflavin/Riboflavine 2% Niacin/Niacine 50% • Folate/Folate 140%			
* Based on a 2000 calorie diet			

Corn Starch

Nutrition Facts		Valeur Nutritive	
Per 100 g/ dry mix/pour 100g seche			
Amount Teneur		% Daily Value	% valeur quotidienne
Calories/Calories 365			
Fat/Lipides 0.10g 0%			
Saturated/Saturé 0.00g			
+ Trans/Trans 0g 0%			
Cholesterol/Cholestérol 0mg 0%			
Sodium/Sodium 10mg 0%			
Carbohydrate/Glucides 91g 30%			
Fibre/Fibres 1g 4%			
Sugars/Sucres 0g			
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			

Brown Rice Flour

Nutrition Facts		Valeur Nutritive	
Per 100 g/ dry mix/pour 100g seche			
Amount Teneur		% Daily Value	% valeur quotidienne
Calories/Calories 330			
Fat/Lipides 2.50g 3%			
Saturated/Saturé 0.50g			
+ Trans/Trans 0g 2%			
Cholesterol/Cholestérol 0mg 0%			
Sodium/Sodium 10mg 0%			
Carbohydrate/Glucides 77g 25%			
Fibre/Fibres 5g 20%			
Sugars/Sucres 0g			
Protein / Protéines 7g			
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 2% • Iron/Fer 10% Thiamine 30% • Riboflavin/Riboflavine 2% Niacin/Niacine 40% • Folate/Folate 2%			
* Based on a 2000 calorie diet			

Corn Flour

Nutrition Facts		Valeur Nutritive	
Per 100g dry mix/pour 100g seche			
Amount Teneur		% Daily Value	% valeur quotidienne
Calories/Calories 336			
Fat/Lipides 3.50g 5%			
Saturated/Saturé 0.50g			
+ Trans/Trans 0g 2%			
Cholesterol/Cholestérol 0mg 0%			
Sodium/Sodium 5mg 0%			
Carbohydrate/Glucides 76g 25%			
Fibre/Fibres 10g 40%			
Sugars/Sucres 0g			
Protein / Protéines 9g			
Vitamin/Vitamine A 0% • Vitamin/Vitamine C 0% Calcium/Calcium 10% • Iron/Fer 50% Thiamine 45% • Riboflavin/Riboflavine 50% Niacin/Niacine 10% • Folate/Folate 10%			
* Based on a 2000 calorie diet			

Icing Sugar

Nutrition Facts	
Valeur Nutritive	
Per 100g Dry Mix/pour 100g Dry Mix	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 396	
Fat/Lipides 0.00g	0%
Saturated/Saturé 0.00g	
+ Trans/Trans 0g 0%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 1mg	0%
Carbohydrate/Glucides 99g	33%
Fibre/Fibres 0g 0%	
Sugars/Sucres 94g	
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	

Tapioca Rice Cinnamon Raisin Bagels

Nutrition Facts	
Valeur Nutritive	
Per 1 Bagel/pour 1 Bagel	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 220	
Fat/Lipides 6.00g	9%
Saturated/Saturé 2.00g	
+ Trans/Trans 0g 10%	
Cholesterol/Cholestérol 25mg	8%
Sodium/Sodium 340mg	14%
Carbohydrate/Glucides 51g	17%
Fibre/Fibres 5g 20%	
Sugars/Sucres 19g	
Protein / Protéines 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

Nutrition Facts	
Valeur Nutritive	
Per 1 Bagel/pour 1 Bagel	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 210	
Fat/Lipides 7.00g	10%
Saturated/Saturé 2.50g	
+ Trans/Trans 0g 12%	
Cholesterol/Cholestérol 35mg	11%
Sodium/Sodium 430mg	17%
Carbohydrate/Glucides 46g	15%
Fibre/Fibres 3g 12%	
Sugars/Sucres 9g	
Protein / Protéines 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

Nutrition Facts	
Valeur Nutritive	
Per 1 Bagel/pour 1 Bagel	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 210	
Fat/Lipides 7.00g	10%
Saturated/Saturé 2.50g	
+ Trans/Trans 0g 12%	
Cholesterol/Cholestérol 30mg	10%
Sodium/Sodium 390mg	16%
Carbohydrate/Glucides 49g	16%
Fibre/Fibres 5g 20%	
Sugars/Sucres 12g	
Protein / Protéines 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	

Graham Style KinniKritter Animal Cookies

Nutrition Facts	
Valeur Nutritive	
Per 8 cookies/pour	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 60	
Fat/Lipides 3.00g	4%
Saturated/Saturé 1.50g	
+ Trans/Trans 0g 7%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 75mg	3%
Carbohydrate/Glucides 13g	4%
Fibre/Fibres 1g 4%	
Sugars/Sucres 4g	
Protein / Protéines 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	

KinniToos Fudge Sandwich Creme Cookies

Nutrition Facts	
Valeur Nutritive	
Per 1 Cookie/pour	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 60	
Fat/Lipides 2.50g	3%
Saturated/Saturé 1.00g	
+ Trans/Trans 0g 5%	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 50mg	2%
Carbohydrate/Glucides 9g	3%
Fibre/Fibres 1g 4%	
Sugars/Sucres 4g	
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	

Chocolate KinniKritter Animal Cookies

Nutrition Facts	
Valeur Nutritive	
Per 8 Cookies/pour	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 60	
Fat/Lipides 2.50g	3%
Saturated/Saturé 1.00g	
+ Trans/Trans 0g	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 55mg	2%
Carbohydrate/Glucides 14g	4%
Fibre/Fibres 0g	
Sugars/Sucres 6g	
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	

KinniToos Chocolate Vanilla Sandwich Cookies

Nutrition Facts	
Valeur Nutritive	
Per 1 Cookie/pour 1 Biscuit	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 60	
Fat/Lipides 2.50g	3%
Saturated/Saturé 1.00g	
+ Trans/Trans 0g	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 50mg	2%
Carbohydrate/Glucides 9g	3%
Fibre/Fibres 1g	
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	

S'moreables Graham Style Crackers

Nutrition Facts	
Valeur Nutritive	
Per 1 Cookie/pour	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 60	
Fat/Lipides 2.00g	3%
Saturated/Saturé 0.50g	
+ Trans/Trans 0g	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 60mg	2%
Carbohydrate/Glucides 9g	3%
Fibre/Fibres 0g	
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	

KinniToos Vanilla Sandwich Creme Cookies

Nutrition Facts	
Valeur Nutritive	
Per 1 Cookie/pour 1 Biscuit	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 60	
Fat/Lipides 2.50g	3%
Saturated/Saturé 1.00g	
+ Trans/Trans 0g	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 55mg	2%
Carbohydrate/Glucides 10g	3%
Fibre/Fibres 1g	
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	

KinniKritters Animal Cookies

Nutrition Facts	
Valeur Nutritive	
Per 8 cookies/pour 8 Biscuits	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 90	
Fat/Lipides 1.50g	2%
Saturated/Saturé 1.00g	
+ Trans/Trans 0g	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 25mg	1%
Carbohydrate/Glucides 17g	5%
Fibre/Fibres 1g	
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	

Ginger Snap Cookies

Nutrition Facts	
Valeur Nutritive	
Per 1 Cookie/pour 1 biscuit	
Amount Teneur % Daily Value % valeur quotidienne	
Calories/Calories 40	
Fat/Lipides 1.00g	1%
Saturated/Saturé 0.50g	
+ Trans/Trans 0g	
Cholesterol/Cholestérol 0mg	0%
Sodium/Sodium 50mg	2%
Carbohydrate/Glucides 7g	2%
Fibre/Fibres 0g	
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	

Montanas Chocolate Chip Cookies

Nutrition Facts		Valeur Nutritive	
Per 1 Cookie/pour 1 biscuit			
Amount Teneur		% Daily Value	% valeur quotidienne
Calories/Calories 36			
Fat/Lipides	1.50g	2%	
	Saturated/Saturé 0.80g		
	+ Trans/Trans 0g	4%	
Cholesterol/Cholestérol	0mg	0%	
Sodium/Sodium	90mg	3%	
Carbohydrate/Glucides	6g	2%	
	Fibre/Fibres 0g	0%	
	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			

Tapioca Rice Cinnamon Buns

Nutrition Facts		Valeur Nutritive	
Per 1 Bun/pour 1 Pain			
Amount Teneur		% Daily Value	% valeur quotidienne
Calories/Calories 180			
Fat/Lipides	6.00g	9%	
	Saturated/Saturé 0.50g		
	+ Trans/Trans 0g	2%	
Cholesterol/Cholestérol	60mg	20%	
Sodium/Sodium	340mg	14%	
Carbohydrate/Glucides	41g	13%	
	Fibre/Fibres 6g	24%	
	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
Calories/Calories 160			
Fat/Lipides	10.00g	15%	
	Saturated/Saturé 4.00g		
	+ Trans/Trans 0g	20%	
Cholesterol/Cholestérol	50mg	16%	
Sodium/Sodium	140mg	5%	
Carbohydrate/Glucides	34g	11%	
	Fibre/Fibres 1g	4%	
	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
Calories/Calories 74			
Fat/Lipides	2.00g	3%	
	Saturated/Saturé 1.00g		
	+ Trans/Trans 0g	5%	
Cholesterol/Cholestérol	10mg	3%	
Sodium/Sodium	25mg	1%	
Carbohydrate/Glucides	14g	4%	
	Fibre/Fibres 0g	0%	
	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			

Chocolate Dipped Donuts

Nutrition Facts		Valeur Nutritive	
Per 1 Donut/pour			
Amount Teneur		% Daily Value	% valeur quotidienne
Calories/Calories 220			
Fat/Lipides	6.00g	9%	
	Saturated/Saturé 3.00g		
	+ Trans/Trans 0g	15%	
Cholesterol/Cholestérol	0mg	0%	
Sodium/Sodium	200mg	8%	
Carbohydrate/Glucides	41g	13%	
	Fibre/Fibres 2g	8%	
	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			
Amount Teneur		% Daily Value	% valeur quotidienne
Calories/Calories 170			
Fat/Lipides	4.50g	6%	
	Saturated/Saturé 2.50g		
	+ Trans/Trans 0g	12%	
Cholesterol/Cholestérol	5mg	1%	
Sodium/Sodium	230mg	9%	
Carbohydrate/Glucides	30g	10%	
	Fibre/Fibres 1g	4%	
	Sugars/Sucres 11g		
Protein / Protéines 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
Calories/Calories 220			
Fat/Lipides	6.00g	9%	
	Saturated/Saturé 3.50g		
	+ Trans/Trans 0g	17%	
Cholesterol/Cholestérol	0mg	0%	
Sodium/Sodium	190mg	7%	
Carbohydrate/Glucides	41g	13%	
	Fibre/Fibres 1g	4%	
	Sugars/Sucre 20g		
Protein / Protéines 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			

Vanilla Glazed Donuts

Nutrition Facts		Valeur Nutritive	
Per 1 Donut/pour			
Amount Teneur		% Daily Value	% valeur quotidienne
Calories/Calories 212			
Fat/Lipides	5.00g	7%	
	Saturated/Saturé 2.50g		
	+ Trans/Trans 0g	12%	
Cholesterol/Cholestérol	5mg	1%	
Sodium/Sodium	230mg	9%	
Carbohydrate/Glucides	39g	13%	
	Fibre/Fibres 1g	4%	
	Sugars/Sucre 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			

Blueberry Muffins

Nutrition Facts		Valeur Nutritive	
Per 1 Muffin/pour 1 Muffin			
Amount Teneur		% Daily Value	% valeur quotidienne
Calories/Calories 190			
Fat/Lipides	7.00g	10%	
	Saturated/Saturé 2.00g		
	+ Trans/Trans 0g	10%	
Cholesterol/Cholestérol	10mg	3%	
Sodium/Sodium	320mg	13%	
Carbohydrate/Glucides	32g	10%	
	Fibre/Fibres 3g	12%	
	Sugars/Sucre 18g		
Protein / Protéines 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
Calories/Calories 170			
Fat/Lipides	6.00g	9%	
	Saturated/Saturé 1.00g		
	+ Trans/Trans 0g	5%	
Cholesterol/Cholestérol	15mg	5%	
Sodium/Sodium	300mg	12%	
Carbohydrate/Glucides	27g	9%	
	Fibre/Fibres 3g	12%	
	Sugars/Sucre 13g		
Protein / Protéines 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
Calories/Calories 170			
Fat/Lipides	9.00g	13%	
	Saturated/Saturé 2.00g		
	+ Trans/Trans 0g	10%	
Cholesterol/Cholestérol	20mg	6%	
Sodium/Sodium	170mg	7%	
Carbohydrate/Glucides	28g	9%	
	Fibre/Fibres 2g	8%	
	Sugars/Sucre 15g		
Protein / Protéines 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
Calories/Calories 470			
Fat/Lipides	27.00g	41%	
	Saturated/Saturé 3.50g		
	+ Trans/Trans 0g	17%	
Cholesterol/Cholestérol	90mg	30%	
Sodium/Sodium	420mg	17%	
Carbohydrate/Glucides	53g	17%	
	Fibre/Fibres 1g	4%	
	Sugars/Sucre 22g		
Protein / Protéines 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
Calories/Calories 490	
Fat/Lipides 30.00g	46%
Saturated/Saturé 3.50g	
+ Trans/Trans 0g 17%	
Cholesterol/Cholestérol 85mg	28%
Sodium/Sodium 370mg	15%
Carbohydrate/Glucides 51g	17%
Fibre/Fibres 2g 8%	
Sugars/Sucres 20g	
Protein / Protéines 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
Calories/Calories 460	
Fat/Lipides 26.00g	40%
Saturated/Saturé 4.50g	
+ Trans/Trans 0g 22%	
Cholesterol/Cholestérol 80mg	26%
Sodium/Sodium 350mg	14%
Carbohydrate/Glucides 50g	16%
Fibre/Fibres 2g 8%	
Sugars/Sucres 24g	
Protein / Protéines 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
Calories/Calories 248	
Fat/Lipides 7.00g	10%
Saturated/Saturé 1.00g	
+ Trans/Trans 0g 5%	
Cholesterol/Cholestérol 26mg	8%
Sodium/Sodium 180mg	7%
Carbohydrate/Glucides 41g	13%
Fibre/Fibres 5g 20%	
Sugars/Sucres 4g	
Protein / Protéines 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 20%

* Based on a 2000 calorie diet

Pizza Crust - 10 inch

Nutrition Facts
Valeur Nutritive

Per 1 Slice/pour 1 Tranche

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 110	
Fat/Lipides 3.00g	4%
Saturated/Saturé 0.50g	
+ Trans/Trans 0g 2%	
Cholesterol/Cholestérol 20mg	6%
Sodium/Sodium 110mg	4%
Carbohydrate/Glucides 20g	6%
Fibre/Fibres 1g 4%	
Sugars/Sucres 4g	
Protein / Protéines 1g	

Vitamin/Vitamine A 7% • Vitamin/Vitamine C 0%
 Calcium/Calcium 0% • Iron/Fer 5%
 Thiamine 5% • Riboflavin/Riboflavine 10%
 Niacin/Niacine 5% • Folate/Folate 5%

* Based on a 2000 calorie diet