

White Sandwich Bread

Nutrition Facts	
Per 1 Slice	
Amount Per Serving	
Calories 70 Calories from Fat 18	
% Daily Value*	
Total Fat 2.00 g	3%
Saturated Fat 0.20 g	
+ Trans 0g	1%
Cholesterol 15mg	5%
Sodium 150mg	6%
Total Carbohydrates 15g	5%
Fiber 2g	8%
Sugars 2g	
Protein 1g	
Vitamin A 5% • Vitamin C 0% Calcium 0% • Iron 5% Thiamine 10% • Riboflavin 5% Niacin 2% • Folate 2%	
* Based on a 2000 calorie diet	

Brown Sandwich Bread

Nutrition Facts	
Per 1 Slice	
Amount Per Serving	
Calories 70 Calories from Fat 18	
% Daily Value*	
Total Fat 2.00 g	3%
Saturated Fat 0.30 g	
+ Trans 0g	1%
Cholesterol 15mg	5%
Sodium 160mg	6%
Total Carbohydrates 14g	4%
Fiber 2g	8%
Sugars 2g	
Protein 2g	
Vitamin A 5% • Vitamin C 0% Calcium 0% • Iron 5% Thiamine 10% • Riboflavin 5% Niacin 2% • Folate 2%	
* Based on a 2000 calorie diet	

Robins Honey Brown Rice Bread

Nutrition Facts	
Per 1 Slice	
Amount Per Serving	
Calories 80 Calories from Fat 27	
% Daily Value*	
Total Fat 3.00 g	4%
Saturated Fat 0.40 g	
+ Trans 0g	2%
Cholesterol 0mg	0%
Sodium 210mg	8%
Total Carbohydrates 20g	6%
Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 10% Thiamine 20% • Riboflavin 7% Niacin 7% • Folate 5%	
* Based on a 2000 calorie diet	

Italian White Tapioca Rice Bread

Nutrition Facts	
Per 1 Slice	
Amount Per Serving	
Calories 90 Calories from Fat 22.5	
% Daily Value*	
Total Fat 2.50 g	3%
Saturated Fat 0.30 g	
+ Trans 0g	1%
Cholesterol 20mg	6%
Sodium 190mg	7%
Total Carbohydrates 20g	6%
Fiber 1g	4%
Sugars 4g	
Protein 2g	
Vitamin A 7% • Vitamin C 0% Calcium 0% • Iron 5% Thiamine 15% • Riboflavin 7% Niacin 2% • Folate 2%	
* Based on a 2000 calorie diet	

Sunflower Flax Rice Bread

Nutrition Facts	
Per 1 Slice	
Amount Per Serving	
Calories 90 Calories from Fat 40.5	
% Daily Value*	
Total Fat 4.50 g	6%
Saturated Fat 0.40 g	
+ Trans 0g	2%
Cholesterol 0mg	0%
Sodium 280mg	11%
Total Carbohydrates 16g	5%
Fiber 2g	8%
Sugars 2g	
Protein 2g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 7% Thiamine 20% • Riboflavin 7% Niacin 5% • Folate 5%	
* Based on a 2000 calorie diet	

Many Wonder Multigrain Rice Bread

Nutrition Facts	
Per 1 Slice	
Amount Per Serving	
Calories 90 Calories from Fat 31.5	
% Daily Value*	
Total Fat 3.50 g	5%
Saturated Fat 0.40 g	
+ Trans 0g	2%
Cholesterol 20mg	6%
Sodium 120mg	5%
Total Carbohydrates 18g	6%
Fiber 3g	12%
Sugars 2g	
Protein 2g	
Vitamin A 7% • Vitamin C 0% Calcium 0% • Iron 7% Thiamine 15% • Riboflavin 7% Niacin 5% • Folate 2%	
* Based on a 2000 calorie diet	

Tapioca Rice Bread

Nutrition Facts													
Per 1 Slice													
Amount Per Serving													
Calories 90	Calories from Fat 22.5												
% Daily Value*													
Total Fat 2.50 g	3%												
Saturated Fat 0.30 g													
+ Trans 0g													
Cholesterol 20mg	6%												
Sodium 130mg	5%												
Total Carbohydrates 20g	6%												
Fiber 1g													
Sugars 5g													
Protein 2g													
<table border="0"> <tr> <td>Vitamin A 7%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 0%</td> <td>•</td> <td>Iron 5%</td> </tr> <tr> <td>Thiamine 15%</td> <td>•</td> <td>Riboflavin 7%</td> </tr> <tr> <td>Niacin 2%</td> <td>•</td> <td>Folate 2%</td> </tr> </table>		Vitamin A 7%	•	Vitamin C 0%	Calcium 0%	•	Iron 5%	Thiamine 15%	•	Riboflavin 7%	Niacin 2%	•	Folate 2%
Vitamin A 7%	•	Vitamin C 0%											
Calcium 0%	•	Iron 5%											
Thiamine 15%	•	Riboflavin 7%											
Niacin 2%	•	Folate 2%											
* Based on a 2000 calorie diet													

Raisin Tapioca Rice Bread

Nutrition Facts													
Per 1 Slice													
Amount Per Serving													
Calories 100	Calories from Fat 22.5												
% Daily Value*													
Total Fat 2.50 g	3%												
Saturated Fat 0.30 g													
+ Trans 0g													
Cholesterol 20mg	6%												
Sodium 135mg	5%												
Total Carbohydrates 23g	7%												
Fiber 2g													
Sugars 7g													
Protein 2g													
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Calcium 0%	•	Iron 7%											
Thiamine 15%	•	Riboflavin 7%											
Niacin 2%	•	Folate 2%											
* Based on a 2000 calorie diet													

Cheese Tapioca Rice Bread

Nutrition Facts													
Per 1 Slice													
Amount Per Serving													
Calories 100	Calories from Fat 27												
% Daily Value*													
Total Fat 3.00 g	4%												
Saturated Fat 0.50 g													
+ Trans 0g													
Cholesterol 25mg	8%												
Sodium 210mg	8%												
Total Carbohydrates 21g	7%												
Fiber 1g													
Sugars 4g													
Protein 2g													
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Vitamin A 20%	•	Vitamin C 0%											
Calcium 2%	•	Iron 5%											
Thiamine 15%	•	Riboflavin 7%											
Niacin 2%	•	Folate 2%											
* Based on a 2000 calorie diet													

Festive Bread

Nutrition Facts													
Per 1 Slice													
Amount Per Serving													
Calories 100	Calories from Fat 13.5												
% Daily Value*													
Total Fat 1.50 g	2%												
Saturated Fat 0.30 g													
+ Trans 0g													
Cholesterol 15mg	5%												
Sodium 180mg	7%												
Total Carbohydrates 19g	6%												
Fiber 1g													
Sugars 4g													
Protein 1g													
<table border="0"> <tr> <td>Vitamin A 5%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 2%</td> <td>•</td> <td>Iron 2%</td> </tr> <tr> <td>Thiamine 2%</td> <td>•</td> <td>Riboflavin 2%</td> </tr> <tr> <td>Niacin 2%</td> <td>•</td> <td>Folate 2%</td> </tr> </table>		Vitamin A 5%	•	Vitamin C 0%	Calcium 2%	•	Iron 2%	Thiamine 2%	•	Riboflavin 2%	Niacin 2%	•	Folate 2%
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Calcium 2%	•	Iron 2%											
Thiamine 2%	•	Riboflavin 2%											
Niacin 2%	•	Folate 2%											
* Based on a 2000 calorie diet													

Candadi Yeast Free Multigrain Rice Bread

Nutrition Facts													
Per 1 Slice													
Amount Per Serving													
Calories 90	Calories from Fat 31.5												
% Daily Value*													
Total Fat 3.50 g	5%												
Saturated Fat 0.40 g													
+ Trans 0g													
Cholesterol 20mg	6%												
Sodium 270mg	11%												
Total Carbohydrates 16g	5%												
Fiber 1g													
Sugars 1g													
Protein 2g													
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Calcium 0%	•	Iron 7%											
Thiamine 15%	•	Riboflavin 7%											
Niacin 5%	•	Folate 2%											
* Based on a 2000 calorie diet													

Yeast Free Tapioca Bread

Nutrition Facts													
Per 1 Slice													
Amount Per Serving													
Calories 80	Calories from Fat 18												
% Daily Value*													
Total Fat 2.00 g	3%												
Saturated Fat 0.30 g													
+ Trans 0g													
Cholesterol 15mg	5%												
Sodium 170mg	7%												
Total Carbohydrates 17g	5%												
Fiber 2g													
Sugars 3g													
Protein 1g													
<table border="0"> <tr> <td>Vitamin A 5%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 0%</td> <td>•</td> <td>Iron 5%</td> </tr> <tr> <td>Thiamine 10%</td> <td>•</td> <td>Riboflavin 5%</td> </tr> <tr> <td>Niacin 2%</td> <td>•</td> <td>Folate 0%</td> </tr> </table>		Vitamin A 5%	•	Vitamin C 0%	Calcium 0%	•	Iron 5%	Thiamine 10%	•	Riboflavin 5%	Niacin 2%	•	Folate 0%
Vitamin A 5%	•	Vitamin C 0%											
Calcium 0%	•	Iron 5%											
Thiamine 10%	•	Riboflavin 5%											
Niacin 2%	•	Folate 0%											
* Based on a 2000 calorie diet													

Tapioca Rice Tray Buns

Nutrition Facts	
Per 1 Bun	
Amount Per Serving	
Calories 80	Calories from Fat 18
% Daily Value*	
Total Fat 2.00 g	3%
Saturated Fat 0.30 g	
+ Trans 0g	
Cholesterol 15mg	5%
Sodium 160mg	6%
Total Carbohydrates 17g	5%
Fiber 2g	
Sugars 3g	
Protein 1g	
Vitamin A 5% • Vitamin C 0% Calcium 0% • Iron 5% Thiamine 10% • Riboflavin 5% Niacin 2% • Folate 2%	
* Based on a 2000 calorie diet	

Tapioca Rice English Muffins

Nutrition Facts	
Per 1 Bun	
Amount Per Serving	
Calories 242	Calories from Fat 31.5
% Daily Value*	
Total Fat 3.50 g	5%
Saturated Fat 0.30 g	
+ Trans 0g	
Cholesterol 0mg	0%
Sodium 260mg	10%
Total Carbohydrates 41g	13%
Fiber 2g	
Sugars 6g	
Protein 3g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 15% Thiamine 30% • Riboflavin 20% Niacin 7% • Folate 7%	
* Based on a 2000 calorie diet	

Tapioca Rice Hot Cross Buns

Nutrition Facts	
Per 1 Bun	
Amount Per Serving	
Calories 180	Calories from Fat 31.5
% Daily Value*	
Total Fat 3.50 g	5%
Saturated Fat 0.50 g	
+ Trans 0g	
Cholesterol 15mg	5%
Sodium 290mg	12%
Total Carbohydrates 35g	11%
Fiber 4g	
Sugars 16g	
Protein 2g	
Vitamin A 5% • Vitamin C 10% Calcium 2% • Iron 2% Thiamine 2% • Riboflavin 2% Niacin 2% • Folate 2%	
* Based on a 2000 calorie diet	

Tapioca Rice Hamburger Buns

Nutrition Facts	
Per 1 Bun	
Amount Per Serving	
Calories 230	Calories from Fat 63
% Daily Value*	
Total Fat 7.00 g	10%
Saturated Fat 0.50 g	
+ Trans 0g	
Cholesterol 5mg	1%
Sodium 330mg	13%
Total Carbohydrates 36g	12%
Fiber 4g	
Sugars 8g	
Protein 5g	
Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 10% Thiamine 25% • Riboflavin 15% Niacin 10% • Folate 4%	
* Based on a 2000 calorie diet	

Tapioca Rice Hot Dog Buns

Nutrition Facts	
Per 1 Bun	
Amount Per Serving	
Calories 251	Calories from Fat 67.5
% Daily Value*	
Total Fat 7.50 g	11%
Saturated Fat 0.50 g	
+ Trans 0g	
Cholesterol 5mg	1%
Sodium 360mg	15%
Total Carbohydrates 39g	13%
Fiber 4g	
Sugars 9g	
Protein 5g	
Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 11% Thiamine 27% • Riboflavin 16% Niacin 11% • Folate 4%	
* Based on a 2000 calorie diet	

Pancake and Waffle Mix

Nutrition Facts	
Per 43g - about 10 servings per container	
Amount Per Serving	
Calories 160	Calories from Fat 9
% Daily Value*	
Total Fat 1.00 g	1%
Saturated Fat 0.30 g	
+ Trans 0g	
Cholesterol 20mg	6%
Sodium 490mg	20%
Total Carbohydrates 34g	11%
Fiber 1g	
Sugars 7g	
Protein 3g	
Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 4% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

Chocolate Cake Mix

Nutrition Facts	
Per 33g - 15 Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 4.5
% Daily Value*	
Total Fat 0.50 g	0%
Saturated Fat 0.40 g	
+ Trans 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrates 28g	9%
Fiber 2g	
Sugars 16g	
Protein 1g	
Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 20% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

Kinni-Kwik® Bread & Bun Mix

Nutrition Facts	
Per 31g - about 15 servings per container	
Amount Per Serving	
Calories 110	Calories from Fat 9
% Daily Value*	
Total Fat 1.00 g	1%
Saturated Fat 0.40 g	
+ Trans 0g	
Cholesterol 20mg	6%
Sodium 240mg	10%
Total Carbohydrates 24g	8%
Fiber 1g	
Sugars 3g	
Protein 3g	
Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 4% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

Angel Food Cake Mix

Nutrition Facts	
Per 45g	
Amount Per Serving	
Calories 170	Calories from Fat 0
% Daily Value*	
Total Fat 0.00 g	0%
Saturated Fat 0.00 g	
+ Trans 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrates 42g	14%
Fiber 0g	
Sugars 33g	
Protein 0g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 0% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

White Cake Mix

Nutrition Facts	
Per 33g about 15 servings per container	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0.00 g	0%
Saturated Fat 0.00 g	
+ Trans 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrates 29g	9%
Fiber 1g	
Sugars 16g	
Protein 1g	
Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 0% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

All Purpose Flour Blend

Nutrition Facts	
Per 30g - about 15 servings per container	
Amount Per Serving	
Calories 100	Calories from Fat 1.8
% Daily Value*	
Total Fat 0.20 g	0%
Saturated Fat 0.00 g	
+ Trans 0g	
Cholesterol 0mg	0%
Sodium 15mg	0%
Total Carbohydrates 25g	8%
Fiber 1g	
Sugars 0g	
Protein 1g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 2% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

Cinnamon and Brown Sugar Homestyle Waffles

Nutrition Facts	
Per 1 Waffle	
Amount Per Serving	
Calories 110	Calories from Fat 31.5
% Daily Value*	
Total Fat 3.50 g	5%
Saturated Fat 0.20 g	
+ Trans 0g	
Cholesterol 5mg	1%
Sodium 240mg	10%
Total Carbohydrates 18g	6%
Fiber 1g	
Sugars 3g	
Protein 1g	
Vitamin A 0% • Vitamin C 0% Calcium 6% • Iron 2% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

Original Homestyle Waffles

Nutrition Facts													
Per 1 Waffle													
Amount Per Serving													
Calories	110 Calories from Fat 31.5												
% Daily Value*													
Total Fat	3.50 g 5%												
Saturated Fat 0.40 g													
+ Trans 0g 2%													
Cholesterol	10mg 3%												
Sodium	210mg 8%												
Total Carbohydrates	19g 6%												
Fiber 1g 4%													
Sugars 3g													
Protein	1g												
<table border="0"> <tr> <td>Vitamin A 0%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 6%</td> <td>•</td> <td>Iron 0%</td> </tr> <tr> <td>Thiamine 0%</td> <td>•</td> <td>Riboflavin 0%</td> </tr> <tr> <td>Niacin 0%</td> <td>•</td> <td>Folate 0%</td> </tr> </table>		Vitamin A 0%	•	Vitamin C 0%	Calcium 6%	•	Iron 0%	Thiamine 0%	•	Riboflavin 0%	Niacin 0%	•	Folate 0%
Vitamin A 0%	•	Vitamin C 0%											
Calcium 6%	•	Iron 0%											
Thiamine 0%	•	Riboflavin 0%											
Niacin 0%	•	Folate 0%											
* Based on a 2000 calorie diet													

KinniKrisp Rice Cereal

Nutrition Facts													
Per 1 cup													
Amount Per Serving													
Calories	100 Calories from Fat 3.6												
% Daily Value*													
Total Fat	0.40 g 0%												
Saturated Fat 0.10 g													
+ Trans 0g 0%													
Cholesterol	0mg 0%												
Sodium	80mg 3%												
Total Carbohydrates	22g 7%												
Fiber 0g 0%													
Sugars 1g													
Protein	2g												
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Vitamin A 0%	•	Vitamin C 0%											
Calcium 2%	•	Iron 2%											
Thiamine 0%	•	Riboflavin 0%											
Niacin 0%	•	Folate 0%											
* Based on a 2000 calorie diet													

Panko Style Bread Crumbs

Nutrition Facts													
Per 30g													
Amount Per Serving													
Calories	110 Calories from Fat 9												
% Daily Value*													
Total Fat	1.00 g 1%												
Saturated Fat 0.40 g													
+ Trans 0g 2%													
Cholesterol	0mg 0%												
Sodium	350mg 14%												
Total Carbohydrates	24g 8%												
Fiber 2g 8%													
Sugars 0g													
Protein	1g												
<table border="0"> <tr> <td>Vitamin A 2%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 10%</td> <td>•</td> <td>Iron 2%</td> </tr> <tr> <td>Thiamine 0%</td> <td>•</td> <td>Riboflavin 0%</td> </tr> <tr> <td>Niacin 0%</td> <td>•</td> <td>Folate 0%</td> </tr> </table>		Vitamin A 2%	•	Vitamin C 0%	Calcium 10%	•	Iron 2%	Thiamine 0%	•	Riboflavin 0%	Niacin 0%	•	Folate 0%
Vitamin A 2%	•	Vitamin C 0%											
Calcium 10%	•	Iron 2%											
Thiamine 0%	•	Riboflavin 0%											
Niacin 0%	•	Folate 0%											
* Based on a 2000 calorie diet													

Graham Style Cracker Crumbs

Nutrition Facts													
Per 125ml/1/2 Cup													
Amount Per Serving													
Calories	50 Calories from Fat 27												
% Daily Value*													
Total Fat	3.00 g 4%												
Saturated Fat 1.50 g													
+ Trans 0g 7%													
Cholesterol	0mg 0%												
Sodium	70mg 2%												
Total Carbohydrates	13g 4%												
Fiber 0g 0%													
Sugars 4g													
Protein	0g												
<table border="0"> <tr> <td>Vitamin A 0%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 2%</td> <td>•</td> <td>Iron 2%</td> </tr> <tr> <td>Thiamine 2%</td> <td>•</td> <td>Riboflavin 0%</td> </tr> <tr> <td>Niacin 2%</td> <td>•</td> <td>Folate 0%</td> </tr> </table>		Vitamin A 0%	•	Vitamin C 0%	Calcium 2%	•	Iron 2%	Thiamine 2%	•	Riboflavin 0%	Niacin 2%	•	Folate 0%
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Calcium 2%	•	Iron 2%											
Thiamine 2%	•	Riboflavin 0%											
Niacin 2%	•	Folate 0%											
* Based on a 2000 calorie diet													

Bread Cubes

Nutrition Facts													
Per 100g/4.2oz dry													
Amount Per Serving													
Calories	60 Calories from Fat 13.5												
% Daily Value*													
Total Fat	1.50 g 2%												
Saturated Fat 0.20 g													
+ Trans 0g 1%													
Cholesterol	15mg 5%												
Sodium	150mg 6%												
Total Carbohydrates	10g 3%												
Fiber 1g 4%													
Sugars 2g													
Protein	1g												
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Calcium 0%	•	Iron 5%											
Thiamine 10%	•	Riboflavin 5%											
Niacin 2%	•	Folate 2%											
* Based on a 2000 calorie diet													

Chocolate Cookie Crumbs

Nutrition Facts													
Per 100g/4oz Dry Mix													
Amount Per Serving													
Calories	380 Calories from Fat 180												
% Daily Value*													
Total Fat	20.00 g 30%												
Saturated Fat 15.00 g													
+ Trans 0g 75%													
Cholesterol	5mg 1%												
Sodium	1570mg 65%												
Total Carbohydrates	91g 30%												
Fiber 16g 64%													
Sugars 22g													
Protein	12g												
<table border="0"> <tr> <td>Vitamin A 0%</td> <td>•</td> <td>Vitamin C 5%</td> </tr> <tr> <td>Calcium 5%</td> <td>•</td> <td>Iron 120%</td> </tr> <tr> <td>Thiamine 2%</td> <td>•</td> <td>Riboflavin 0%</td> </tr> <tr> <td>Niacin 5%</td> <td>•</td> <td>Folate 5%</td> </tr> </table>		Vitamin A 0%	•	Vitamin C 5%	Calcium 5%	•	Iron 120%	Thiamine 2%	•	Riboflavin 0%	Niacin 5%	•	Folate 5%
Vitamin A 0%	•	Vitamin C 5%											
Calcium 5%	•	Iron 120%											
Thiamine 2%	•	Riboflavin 0%											
Niacin 5%	•	Folate 5%											
* Based on a 2000 calorie diet													

Tapioca Rice Cinnamon Raisin Bagels

Nutrition Facts	
Per 1 Bagel	
Amount Per Serving	
Calories 220	Calories from Fat 54
% Daily Value*	
Total Fat 6.00 g	9%
Saturated Fat 2.00 g	
+ Trans 0g 10%	
Cholesterol 25mg	8%
Sodium 340mg	14%
Total Carbohydrates 51g	17%
Fiber 5g 20%	
Sugars 19g	
Protein 4g	
Vitamin A 7% • Vitamin C 0% Calcium 2% • Iron 15% Thiamine 25% • Riboflavin 15% Niacin 7% • Folate 5%	
* Based on a 2000 calorie diet	

Tapioca Rice New York Style Plain Bagels

Nutrition Facts	
Per 1 Bagel	
Amount Per Serving	
Calories 210	Calories from Fat 63
% Daily Value*	
Total Fat 7.00 g	10%
Saturated Fat 2.50 g	
+ Trans 0g 12%	
Cholesterol 35mg	11%
Sodium 430mg	17%
Total Carbohydrates 46g	15%
Fiber 3g 12%	
Sugars 9g	
Protein 4g	
Vitamin A 15% • Vitamin C 0% Calcium 2% • Iron 15% Thiamine 30% • Riboflavin 20% Niacin 7% • Folate 7%	
* Based on a 2000 calorie diet	

Tapioca Rice Sesame Bagels

Nutrition Facts	
Per 1 Bagel	
Amount Per Serving	
Calories 210	Calories from Fat 63
% Daily Value*	
Total Fat 7.00 g	10%
Saturated Fat 2.50 g	
+ Trans 0g 12%	
Cholesterol 30mg	10%
Sodium 390mg	16%
Total Carbohydrates 49g	16%
Fiber 5g 20%	
Sugars 12g	
Protein 4g	
Vitamin A 15% • Vitamin C 0% Calcium 5% • Iron 45% Thiamine 70% • Riboflavin 40% Niacin 15% • Folate 15%	
* Based on a 2000 calorie diet	

KinniToos Fudge Sandwich Creme Cookies

Nutrition Facts	
Per 1 Cookie	
Amount Per Serving	
Calories 60	Calories from Fat 22.5
% Daily Value*	
Total Fat 2.50 g	3%
Saturated Fat 1.00 g	
+ Trans 0g 5%	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrates 9g	3%
Fiber 1g 4%	
Sugars 4g	
Protein 0g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 4% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

Chocolate KinniKritter Animal Cookies

Nutrition Facts	
Per 8 Cookies	
Amount Per Serving	
Calories 60	Calories from Fat 22.5
% Daily Value*	
Total Fat 2.50 g	3%
Saturated Fat 1.00 g	
+ Trans 0g 5%	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrates 14g	4%
Fiber 0g 0%	
Sugars 6g	
Protein 0g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 0% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

Graham Style KinniKritter Animal Cookies

Nutrition Facts	
Per 8 cookies	
Amount Per Serving	
Calories 60	Calories from Fat 27
% Daily Value*	
Total Fat 3.00 g	4%
Saturated Fat 1.50 g	
+ Trans 0g 7%	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrates 13g	4%
Fiber 1g 4%	
Sugars 4g	
Protein 0g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 0% Thiamine 0% • Riboflavin 0% Niacin 2% • Folate 0%	
* Based on a 2000 calorie diet	

S'moreables Graham Style Crackers

Nutrition Facts													
Per 1 Cookie													
Amount Per Serving													
Calories 60	Calories from Fat 18												
% Daily Value*													
Total Fat 2.00 g	3%												
Saturated Fat 0.50 g													
+ Trans 0g													
Cholesterol 0mg	0%												
Sodium 60mg	2%												
Total Carbohydrates 9g	3%												
Fiber 0g													
Sugars 2g													
Protein 0g													
<table border="0"> <tr> <td>Vitamin A 0%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 0%</td> <td>•</td> <td>Iron 0%</td> </tr> <tr> <td>Thiamine 0%</td> <td>•</td> <td>Riboflavin 0%</td> </tr> <tr> <td>Niacin 0%</td> <td>•</td> <td>Folate 0%</td> </tr> </table>		Vitamin A 0%	•	Vitamin C 0%	Calcium 0%	•	Iron 0%	Thiamine 0%	•	Riboflavin 0%	Niacin 0%	•	Folate 0%
Vitamin A 0%	•	Vitamin C 0%											
Calcium 0%	•	Iron 0%											
Thiamine 0%	•	Riboflavin 0%											
Niacin 0%	•	Folate 0%											
* Based on a 2000 calorie diet													

KinniKritters Animal Cookies

Nutrition Facts													
Per 8 cookies													
Amount Per Serving													
Calories 90	Calories from Fat 13.5												
% Daily Value*													
Total Fat 1.50 g	2%												
Saturated Fat 1.00 g													
+ Trans 0g													
Cholesterol 0mg	0%												
Sodium 25mg	1%												
Total Carbohydrates 17g	5%												
Fiber 1g													
Sugars 3g													
Protein 1g													
<table border="0"> <tr> <td>Vitamin A 0%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 2%</td> <td>•</td> <td>Iron 2%</td> </tr> <tr> <td>Thiamine 0%</td> <td>•</td> <td>Riboflavin 0%</td> </tr> <tr> <td>Niacin 0%</td> <td>•</td> <td>Folate 0%</td> </tr> </table>		Vitamin A 0%	•	Vitamin C 0%	Calcium 2%	•	Iron 2%	Thiamine 0%	•	Riboflavin 0%	Niacin 0%	•	Folate 0%
Vitamin A 0%	•	Vitamin C 0%											
Calcium 2%	•	Iron 2%											
Thiamine 0%	•	Riboflavin 0%											
Niacin 0%	•	Folate 0%											
* Based on a 2000 calorie diet													

KinniToos Chocolate Vanilla Sandwich Cookies

Nutrition Facts													
Per 1 Cookie													
Amount Per Serving													
Calories 60	Calories from Fat 22.5												
% Daily Value*													
Total Fat 2.50 g	3%												
Saturated Fat 1.00 g													
+ Trans 0g													
Cholesterol 0mg	0%												
Sodium 50mg	2%												
Total Carbohydrates 9g	3%												
Fiber 1g													
Sugars 4g													
Protein 0g													
<table border="0"> <tr> <td>Vitamin A 0%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 2%</td> <td>•</td> <td>Iron 0%</td> </tr> <tr> <td>Thiamine 0%</td> <td>•</td> <td>Riboflavin 0%</td> </tr> <tr> <td>Niacin 0%</td> <td>•</td> <td>Folate 0%</td> </tr> </table>		Vitamin A 0%	•	Vitamin C 0%	Calcium 2%	•	Iron 0%	Thiamine 0%	•	Riboflavin 0%	Niacin 0%	•	Folate 0%
Vitamin A 0%	•	Vitamin C 0%											
Calcium 2%	•	Iron 0%											
Thiamine 0%	•	Riboflavin 0%											
Niacin 0%	•	Folate 0%											
* Based on a 2000 calorie diet													

Montanas Chocolate Chip Cookies

Nutrition Facts													
Per 1 Cookie													
Amount Per Serving													
Calories 36	Calories from Fat 13.5												
% Daily Value*													
Total Fat 1.50 g	2%												
Saturated Fat 0.80 g													
+ Trans 0g													
Cholesterol 0mg	0%												
Sodium 90mg	3%												
Total Carbohydrates 6g	2%												
Fiber 0g													
Sugars 3g													
Protein 0g													
<table border="0"> <tr> <td>Vitamin A 0%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 0%</td> <td>•</td> <td>Iron 4%</td> </tr> <tr> <td>Thiamine 0%</td> <td>•</td> <td>Riboflavin 0%</td> </tr> <tr> <td>Niacin 0%</td> <td>•</td> <td>Folate 0%</td> </tr> </table>		Vitamin A 0%	•	Vitamin C 0%	Calcium 0%	•	Iron 4%	Thiamine 0%	•	Riboflavin 0%	Niacin 0%	•	Folate 0%
Vitamin A 0%	•	Vitamin C 0%											
Calcium 0%	•	Iron 4%											
Thiamine 0%	•	Riboflavin 0%											
Niacin 0%	•	Folate 0%											
* Based on a 2000 calorie diet													

KinniToos Vanilla Sandwich Creme Cookies

Nutrition Facts													
Per 1 Cookie													
Amount Per Serving													
Calories 60	Calories from Fat 22.5												
% Daily Value*													
Total Fat 2.50 g	3%												
Saturated Fat 1.00 g													
+ Trans 0g													
Cholesterol 0mg	0%												
Sodium 55mg	2%												
Total Carbohydrates 10g	3%												
Fiber 1g													
Sugars 3g													
Protein 0g													
<table border="0"> <tr> <td>Vitamin A 0%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 0%</td> <td>•</td> <td>Iron 2%</td> </tr> <tr> <td>Thiamine 0%</td> <td>•</td> <td>Riboflavin 0%</td> </tr> <tr> <td>Niacin 0%</td> <td>•</td> <td>Folate 0%</td> </tr> </table>		Vitamin A 0%	•	Vitamin C 0%	Calcium 0%	•	Iron 2%	Thiamine 0%	•	Riboflavin 0%	Niacin 0%	•	Folate 0%
Vitamin A 0%	•	Vitamin C 0%											
Calcium 0%	•	Iron 2%											
Thiamine 0%	•	Riboflavin 0%											
Niacin 0%	•	Folate 0%											
* Based on a 2000 calorie diet													

Ginger Snap Cookies

Nutrition Facts													
Per 1 Cookie													
Amount Per Serving													
Calories 40	Calories from Fat 9												
% Daily Value*													
Total Fat 1.00 g	1%												
Saturated Fat 0.50 g													
+ Trans 0g													
Cholesterol 0mg	0%												
Sodium 50mg	2%												
Total Carbohydrates 7g	2%												
Fiber 0g													
Sugars 2g													
Protein 0g													
<table border="0"> <tr> <td>Vitamin A 0%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 0%</td> <td>•</td> <td>Iron 2%</td> </tr> <tr> <td>Thiamine 0%</td> <td>•</td> <td>Riboflavin 0%</td> </tr> <tr> <td>Niacin 0%</td> <td>•</td> <td>Folate 0%</td> </tr> </table>		Vitamin A 0%	•	Vitamin C 0%	Calcium 0%	•	Iron 2%	Thiamine 0%	•	Riboflavin 0%	Niacin 0%	•	Folate 0%
Vitamin A 0%	•	Vitamin C 0%											
Calcium 0%	•	Iron 2%											
Thiamine 0%	•	Riboflavin 0%											
Niacin 0%	•	Folate 0%											
* Based on a 2000 calorie diet													

Tapioca Rice Cinnamon Buns

Nutrition Facts	
Per 1 Bun	
Amount Per Serving	
Calories 180	Calories from Fat 54
% Daily Value*	
Total Fat 6.00 g	9%
Saturated Fat 0.50 g	
+ Trans 0g	
Cholesterol 60mg	20%
Sodium 340mg	14%
Total Carbohydrates 41g	13%
Fiber 6g	
Sugars 15g	
Protein 4g	
Vitamin A 10% • Vitamin C 0% Calcium 2% • Iron 2% Thiamine 2% • Riboflavin 5% Niacin 2% • Folate 5%	
* Based on a 2000 calorie diet	

JB Brownie Squares

Nutrition Facts	
Per 1 Piece	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10.00 g	15%
Saturated Fat 4.00 g	
+ Trans 0g	
Cholesterol 50mg	16%
Sodium 140mg	5%
Total Carbohydrates 34g	11%
Fiber 1g	
Sugars 20g	
Protein 2g	
Vitamin A 15% • Vitamin C 0% Calcium 2% • Iron 2% Thiamine 2% • Riboflavin 0% Niacin 0% • Folate 2%	
* Based on a 2000 calorie diet	

Fruit Cake

Nutrition Facts	
Per 1 Slice	
Amount Per Serving	
Calories 74	Calories from Fat 18
% Daily Value*	
Total Fat 2.00 g	3%
Saturated Fat 1.00 g	
+ Trans 0g	
Cholesterol 10mg	3%
Sodium 25mg	1%
Total Carbohydrates 14g	4%
Fiber 0g	
Sugars 8g	
Protein 0g	
Vitamin A 2% • Vitamin C 2% Calcium 0% • Iron 2% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

Blueberry Glazed Donut

Nutrition Facts	
Per 1 donut	
Amount Per Serving	
Calories 140	Calories from Fat 27
% Daily Value*	
Total Fat 3.00 g	4%
Saturated Fat 1.50 g	
+ Trans 0g	
Cholesterol 15mg	5%
Sodium 180mg	7%
Total Carbohydrates 34g	11%
Fiber 3g	
Sugars 16g	
Protein 2g	
Vitamin A 5% • Vitamin C 0% Calcium 2% • Iron 2% Thiamine 2% • Riboflavin 2% Niacin 2% • Folate 5%	
* Based on a 2000 calorie diet	

Vanilla Glazed Donuts

Nutrition Facts	
Per 1 Donut	
Amount Per Serving	
Calories 212	Calories from Fat 45
% Daily Value*	
Total Fat 5.00 g	7%
Saturated Fat 2.50 g	
+ Trans 0g	
Cholesterol 5mg	1%
Sodium 230mg	9%
Total Carbohydrates 39g	13%
Fiber 1g	
Sugars 17g	
Protein 3g	
Vitamin A 0% • Vitamin C 0% Calcium 4% • Iron 2% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

Chocolate Dipped Donuts

Nutrition Facts	
Per 1 Donut	
Amount Per Serving	
Calories 220	Calories from Fat 54
% Daily Value*	
Total Fat 6.00 g	9%
Saturated Fat 3.00 g	
+ Trans 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrates 41g	13%
Fiber 2g	
Sugars 19g	
Protein 2g	
Vitamin A 2% • Vitamin C 0% Calcium 2% • Iron 4% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

Cinnamon Sugar Donuts

Nutrition Facts	
Per 1 Donut	
Amount Per Serving	
Calories	170 Calories from Fat 40.5
% Daily Value*	
Total Fat	4.50 g 6%
Saturated Fat	2.50 g
+ Trans	0g 12%
Cholesterol	5mg 1%
Sodium	230mg 9%
Total Carbohydrates	30g 10%
Fiber	1g 4%
Sugars	11g
Protein	2g
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 2%
Thiamine 0%	Riboflavin 0%
Niacin 0%	Folate 0%

* Based on a 2000 calorie diet

Maple Glazed Donuts

Nutrition Facts	
Per 1 Donut	
Amount Per Serving	
Calories	220 Calories from Fat 54
% Daily Value*	
Total Fat	6.00 g 9%
Saturated Fat	3.50 g
+ Trans	0g 17%
Cholesterol	0mg 0%
Sodium	190mg 7%
Total Carbohydrates	41g 13%
Fiber	1g 4%
Sugars	20g
Protein	2g
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 2%
Thiamine 0%	Riboflavin 0%
Niacin 0%	Folate 0%

* Based on a 2000 calorie diet

Blueberry Muffins

Nutrition Facts	
Per 1 Muffin	
Amount Per Serving	
Calories	190 Calories from Fat 63
% Daily Value*	
Total Fat	7.00 g 10%
Saturated Fat	2.00 g
+ Trans	0g 10%
Cholesterol	10mg 3%
Sodium	320mg 13%
Total Carbohydrates	32g 10%
Fiber	3g 12%
Sugars	18g
Protein	1g
Vitamin A 15%	Vitamin C 0%
Calcium 2%	Iron 2%
Thiamine 0%	Riboflavin 0%
Niacin 0%	Folate 0%

* Based on a 2000 calorie diet

Carrot Muffins

Nutrition Facts	
Per 1 Muffin	
Amount Per Serving	
Calories	170 Calories from Fat 54
% Daily Value*	
Total Fat	6.00 g 9%
Saturated Fat	1.00 g
+ Trans	0g 5%
Cholesterol	15mg 5%
Sodium	300mg 12%
Total Carbohydrates	27g 9%
Fiber	3g 12%
Sugars	13g
Protein	2g
Vitamin A 20%	Vitamin C 0%
Calcium 2%	Iron 4%
Thiamine 0%	Riboflavin 0%
Niacin 0%	Folate 0%

* Based on a 2000 calorie diet

Chocolate Chip Muffins

Nutrition Facts	
Per 1 Muffin	
Amount Per Serving	
Calories	170 Calories from Fat 81
% Daily Value*	
Total Fat	9.00 g 13%
Saturated Fat	2.00 g
+ Trans	0g 10%
Cholesterol	20mg 6%
Sodium	170mg 7%
Total Carbohydrates	28g 9%
Fiber	2g 8%
Sugars	15g
Protein	1g
Vitamin A 5%	Vitamin C 0%
Calcium 2%	Iron 2%
Thiamine 0%	Riboflavin 0%
Niacin 2%	Folate 2%

* Based on a 2000 calorie diet

Lemon Poppy Seed Jumbo Muffin

Nutrition Facts	
Per 1 Muffin	
Amount Per Serving	
Calories	470 Calories from Fat 243
% Daily Value*	
Total Fat	27.00 g 41%
Saturated Fat	3.50 g
+ Trans	0g 17%
Cholesterol	90mg 30%
Sodium	420mg 17%
Total Carbohydrates	53g 17%
Fiber	1g 4%
Sugars	22g
Protein	4g
Vitamin A 30%	Vitamin C 0%
Calcium 5%	Iron 2%
Thiamine 0%	Riboflavin 0%
Niacin 0%	Folate 2%

* Based on a 2000 calorie diet

Harvest Crunch Jumbo Muffin

Chocolate Lovers Jumbo Muffin

Personal Size Pizza Crust

Nutrition Facts	
Per 1 Muffin	
Amount Per Serving	
Calories 490 Calories from Fat 270	
% Daily Value*	
Total Fat 30.00 g	46%
Saturated Fat 3.50 g	
+ Trans 0g	
Cholesterol 85mg	28%
Sodium 370mg	15%
Total Carbohydrates 51g	17%
Fiber 2g	
Sugars 20g	
Protein 6g	
Vitamin A 30% • Vitamin C 0% Calcium 5% • Iron 5% Thiamine 15% • Riboflavin 2% Niacin 2% • Folate 7%	
* Based on a 2000 calorie diet	

Nutrition Facts	
Per 1 Muffin	
Amount Per Serving	
Calories 460 Calories from Fat 234	
% Daily Value*	
Total Fat 26.00 g	40%
Saturated Fat 4.50 g	
+ Trans 0g	
Cholesterol 80mg	26%
Sodium 350mg	14%
Total Carbohydrates 50g	16%
Fiber 2g	
Sugars 24g	
Protein 4g	
Vitamin A 25% • Vitamin C 0% Calcium 2% • Iron 5% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 2%	
* Based on a 2000 calorie diet	

Nutrition Facts	
Per 1/2 Crust (67g)	
Amount Per Serving	
Calories 248 Calories from Fat 63	
% Daily Value*	
Total Fat 7.00 g	10%
Saturated Fat 1.00 g	
+ Trans 0g	
Cholesterol 26mg	8%
Sodium 180mg	7%
Total Carbohydrates 41g	13%
Fiber 5g	
Sugars 4g	
Protein 4g	
Vitamin A 3% • Vitamin C 0% Calcium 0% • Iron 6% Thiamine 3% • Riboflavin 2% Niacin 2% • Folate 20%	
* Based on a 2000 calorie diet	

Nutrition Facts	
Per 1 cookie	
Amount Per Serving	
Calories 0 Calories from Fat 0	
% Daily Value*	
Total Fat 0.00 g	0%
Saturated Fat 0.00 g	
+ Trans 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Fiber 0g	
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 0% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

Nutrition Facts	
Per 1 Muffin	
Amount Per Serving	
Calories 0 Calories from Fat 0	
% Daily Value*	
Total Fat 0.00 g	0%
Saturated Fat 0.00 g	
+ Trans 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Fiber 0g	
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 0% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

Nutrition Facts	
Per 1 bagel	
Amount Per Serving	
Calories 0 Calories from Fat 0	
% Daily Value*	
Total Fat 0.00 g	0%
Saturated Fat 0.00 g	
+ Trans 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Fiber 0g	
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 0% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

Nutrition Facts	
Per	
Amount Per Serving	
Calories 0 Calories from Fat 0	
% Daily Value*	
Total Fat 0.00 g	0%
Saturated Fat 0.00 g	
+ Trans 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Thiamine 0%	Riboflavin 0%
Niacin 0%	Folate 0%

* Based on a 2000 calorie diet

Nutrition Facts	
Per 1 Slice	
Amount Per Serving	
Calories 0 Calories from Fat 0	
% Daily Value*	
Total Fat 0.00 g	0%
Saturated Fat 0.00 g	
+ Trans 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Thiamine 0%	Riboflavin 0%
Niacin 0%	Folate 0%

* Based on a 2000 calorie diet

Nutrition Facts	
Per 1 Slice	
Amount Per Serving	
Calories 0 Calories from Fat 0	
% Daily Value*	
Total Fat 0.00 g	0%
Saturated Fat 0.00 g	
+ Trans 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Thiamine 0%	Riboflavin 0%
Niacin 0%	Folate 0%

* Based on a 2000 calorie diet

CASE Tapioca Rice Cheese Bread

Nutrition Facts	
Per 1 Slice	
Amount Per Serving	
Calories 0 Calories from Fat 0	
% Daily Value*	
Total Fat 0.00 g	0%
Saturated Fat 0.00 g	
+ Trans 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Thiamine 0%	Riboflavin 0%
Niacin 0%	Folate 0%

* Based on a 2000 calorie diet

Nutrition Facts	
Per	
Amount Per Serving	
Calories 0 Calories from Fat 0	
% Daily Value*	
Total Fat 0.00 g	0%
Saturated Fat 0.00 g	
+ Trans 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Thiamine 0%	Riboflavin 0%
Niacin 0%	Folate 0%

* Based on a 2000 calorie diet

Nutrition Facts	
Per	
Amount Per Serving	
Calories 0 Calories from Fat 0	
% Daily Value*	
Total Fat 0.00 g	0%
Saturated Fat 0.00 g	
+ Trans 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Thiamine 0%	Riboflavin 0%
Niacin 0%	Folate 0%

* Based on a 2000 calorie diet

Nutrition Facts	
Per 1 Slice	
Amount Per Serving	
Calories 0 Calories from Fat 0	
% Daily Value*	
Total Fat 0.00 g	0%
Saturated Fat 0.00 g	
+ Trans 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 0% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

Nutrition Facts	
Per 1 bagel	
Amount Per Serving	
Calories 0 Calories from Fat 0	
% Daily Value*	
Total Fat 0.00 g	0%
Saturated Fat 0.00 g	
+ Trans 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 0% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

Nutrition Facts	
Per 1 waffle	
Amount Per Serving	
Calories 0 Calories from Fat 0	
% Daily Value*	
Total Fat 0.00 g	0%
Saturated Fat 0.00 g	
+ Trans 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 0% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

Nutrition Facts	
Per 1 waffle	
Amount Per Serving	
Calories 0 Calories from Fat 0	
% Daily Value*	
Total Fat 0.00 g	0%
Saturated Fat 0.00 g	
+ Trans 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 0% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	