

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

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 1%
Cholesterol	20mg 6%
Sodium	130mg 5%
Total Carbohydrates	20g 6%
Fiber	1g 4%
Sugars	5g
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

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 1%
Cholesterol	20mg 6%
Sodium	135mg 5%
Total Carbohydrates	23g 7%
Fiber	2g 8%
Sugars	7g
Protein	2g
Vitamin A 7%	Vitamin C 0%
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 2%
Cholesterol	25mg 8%
Sodium	210mg 8%
Total Carbohydrates	21g 7%
Fiber	1g 4%
Sugars	4g
Protein	2g
Vitamin A 20%	Vitamin C 0%
Calcium 2%	Iron 5%
Thiamine 15%	Riboflavin 7%
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													
Cholesterol 0mg	0%												
Sodium 210mg	8%												
Total Carbohydrates 20g	6%												
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 0%</td> <td>•</td> <td>Iron 10%</td> </tr> <tr> <td>Thiamine 20%</td> <td>•</td> <td>Riboflavin 7%</td> </tr> <tr> <td>Niacin 7%</td> <td>•</td> <td>Folate 5%</td> </tr> </table>		Vitamin A 0%	•	Vitamin C 0%	Calcium 0%	•	Iron 10%	Thiamine 20%	•	Riboflavin 7%	Niacin 7%	•	Folate 5%
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													
Cholesterol 20mg	6%												
Sodium 190mg	7%												
Total Carbohydrates 20g	6%												
Fiber 1g													
Sugars 4g													
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													

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													
Cholesterol 0mg	0%												
Sodium 280mg	11%												
Total Carbohydrates 16g	5%												
Fiber 2g													
Sugars 2g													
Protein 2g													
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Vitamin A 0%	•	Vitamin C 0%											
Calcium 0%	•	Iron 7%											
Thiamine 20%	•	Riboflavin 7%											
Niacin 5%	•	Folate 5%											
* 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													
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Vitamin A 5%	•	Vitamin C 0%											
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													
<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 7%</td> </tr> <tr> <td>Thiamine 15%</td> <td>•</td> <td>Riboflavin 7%</td> </tr> <tr> <td>Niacin 5%</td> <td>•</td> <td>Folate 2%</td> </tr> </table>		Vitamin A 7%	•	Vitamin C 0%	Calcium 0%	•	Iron 7%	Thiamine 15%	•	Riboflavin 7%	Niacin 5%	•	Folate 2%
Vitamin A 7%	•	Vitamin C 0%											
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 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	1%
Cholesterol 0mg	0%
Sodium 260mg	10%
Total Carbohydrates 41g	13%
Fiber 2g	8%
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	2%
Cholesterol 15mg	5%
Sodium 290mg	12%
Total Carbohydrates 35g	11%
Fiber 4g	16%
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	2%
Cholesterol 5mg	1%
Sodium 330mg	13%
Total Carbohydrates 36g	12%
Fiber 4g	16%
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	2%
Cholesterol 5mg	1%
Sodium 360mg	15%
Total Carbohydrates 39g	13%
Fiber 4g	16%
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	

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	1%
Cholesterol 15mg	5%
Sodium 160mg	6%
Total Carbohydrates 17g	5%
Fiber 2g	8%
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	

Kinni-Kwik Bread & Bun Mix

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories 340 Calories from Fat 22.5	
% Daily Value*	
Total Fat 2.50 g	3%
Saturated Fat 1.00 g	
+ Trans 0g	5%
Cholesterol 105mg	35%
Sodium 910mg	37%
Total Carbohydrates 77g	25%
Fiber 10g	40%
Sugars 14g	
Protein 9g	
Vitamin A 60% • Vitamin C 0% Calcium 2% • Iron 2% Thiamine 2% • Riboflavin 5% Niacin 2% • Folate 0%	
* Based on a 2000 calorie diet	

Pancake & Waffle Mix

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories	378 Calories from Fat 18
% Daily Value*	
Total Fat 2.00 g	3%
Saturated Fat 0.10 g	
+ Trans 0g 0%	
Cholesterol 70mg	23%
Sodium 700mg	29%
Total Carbohydrates 86g	28%
Fiber 6g 24%	
Sugars 16g	
Protein 7g	
Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 5% Thiamine 5% • Riboflavin 2% Niacin 2% • Folate 5%	
* Based on a 2000 calorie diet	

White Cake Mix

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories	350 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 740mg	30%
Total Carbohydrates 85g	28%
Fiber 2g 8%	
Sugars 41g	
Protein 2g	
Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 0% Thiamine 2% • Riboflavin 2% Niacin 2% • Folate 0%	
* Based on a 2000 calorie diet	

All Purpose Mix

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories	340 Calories from Fat 18
% Daily Value*	
Total Fat 2.00 g	3%
Saturated Fat 0.50 g	
+ Trans 0g 2%	
Cholesterol 60mg	20%
Sodium 1230mg	51%
Total Carbohydrates 86g	28%
Fiber 14g 56%	
Sugars 18g	
Protein 7g	
Vitamin A 30% • Vitamin C 0% Calcium 2% • Iron 2% Thiamine 2% • Riboflavin 5% Niacin 2% • Folate 0%	
* Based on a 2000 calorie diet	

Cookie Mix

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories	340 Calories from Fat 4.5
% Daily Value*	
Total Fat 0.50 g	0%
Saturated Fat 0.00 g	
+ Trans 0g 0%	
Cholesterol 0mg	0%
Sodium 1080mg	45%
Total Carbohydrates 58g	19%
Fiber 11g 44%	
Sugars 0g	
Protein 30g	
Vitamin A 2% • Vitamin C 0% Calcium 20% • Iron 30% Thiamine 30% • Riboflavin 7% Niacin 2% • Folate 50%	
* Based on a 2000 calorie diet	

Muffin Mix

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories	350 Calories from Fat 4.5
% Daily Value*	
Total Fat 0.50 g	0%
Saturated Fat 0.10 g	
+ Trans 0g 0%	
Cholesterol 0mg	0%
Sodium 790mg	32%
Total Carbohydrates 80g	26%
Fiber 2g 8%	
Sugars 0g	
Protein 5g	
Vitamin A 0% • Vitamin C 0% Calcium 5% • Iron 2% Thiamine 5% • Riboflavin 2% Niacin 5% • Folate 5%	
* Based on a 2000 calorie diet	

Pizza Crust Mix

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories	400 Calories from Fat 9
% Daily Value*	
Total Fat 1.00 g	1%
Saturated Fat 0.30 g	
+ Trans 0g 1%	
Cholesterol 0mg	0%
Sodium 770mg	32%
Total Carbohydrates 91g	30%
Fiber 4g 16%	
Sugars 0g	
Protein 3g	
Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 5% Thiamine 15% • Riboflavin 15% Niacin 15% • Folate 2%	
* Based on a 2000 calorie diet	

Angel Food Cake Mix

Nutrition Facts													
Per 100 g/ dry mix													
Amount Per Serving													
Calories 418	Calories from Fat 1.8												
% Daily Value*													
Total Fat 0.20 g	0%												
Saturated Fat 0.00 g													
+ Trans 0g 0%													
Cholesterol 0mg	0%												
Sodium 75mg	3%												
Total Carbohydrates 104g	34%												
Fiber 0g 0%													
Sugars 68g													
Protein 1g													
<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 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 0%	•	Iron 0%	Thiamine 2%	•	Riboflavin 0%	Niacin 2%	•	Folate 0%
Vitamin A 0%	•	Vitamin C 0%											
Calcium 0%	•	Iron 0%											
Thiamine 2%	•	Riboflavin 0%											
Niacin 2%	•	Folate 0%											
* Based on a 2000 calorie diet													

Cornbread and Muffin Mix

Nutrition Facts													
Per 100 g/ dry mix													
Amount Per Serving													
Calories 380	Calories from Fat 18												
% Daily Value*													
Total Fat 2.00 g	3%												
Saturated Fat 0.30 g													
+ Trans 0g 1%													
Cholesterol 0mg	0%												
Sodium 270mg	11%												
Total Carbohydrates 81g	27%												
Fiber 6g 24%													
Sugars 16g													
Protein 10g													
<table border="0"> <tr> <td>Vitamin A 10%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 5%</td> <td>•</td> <td>Iron 15%</td> </tr> <tr> <td>Thiamine 25%</td> <td>•</td> <td>Riboflavin 7%</td> </tr> <tr> <td>Niacin 20%</td> <td>•</td> <td>Folate 10%</td> </tr> </table>		Vitamin A 10%	•	Vitamin C 0%	Calcium 5%	•	Iron 15%	Thiamine 25%	•	Riboflavin 7%	Niacin 20%	•	Folate 10%
Vitamin A 10%	•	Vitamin C 0%											
Calcium 5%	•	Iron 15%											
Thiamine 25%	•	Riboflavin 7%											
Niacin 20%	•	Folate 10%											
* Based on a 2000 calorie diet													

Kinni-Kwik Sunflower Flax Bread & Bun Mix

Nutrition Facts													
Per 100 g/ dry mix													
Amount Per Serving													
Calories 370	Calories from Fat 72												
% Daily Value*													
Total Fat 8.00 g	12%												
Saturated Fat 1.00 g													
+ Trans 0g 5%													
Cholesterol 90mg	30%												
Sodium 790mg	32%												
Total Carbohydrates 70g	23%												
Fiber 11g 44%													
Sugars 12g													
Protein 10g													
<table border="0"> <tr> <td>Vitamin A 50%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 5%</td> <td>•</td> <td>Iron 7%</td> </tr> <tr> <td>Thiamine 15%</td> <td>•</td> <td>Riboflavin 5%</td> </tr> <tr> <td>Niacin 2%</td> <td>•</td> <td>Folate 15%</td> </tr> </table>		Vitamin A 50%	•	Vitamin C 0%	Calcium 5%	•	Iron 7%	Thiamine 15%	•	Riboflavin 5%	Niacin 2%	•	Folate 15%
Vitamin A 50%	•	Vitamin C 0%											
Calcium 5%	•	Iron 7%											
Thiamine 15%	•	Riboflavin 5%											
Niacin 2%	•	Folate 15%											
* Based on a 2000 calorie diet													

Sponge Cake Mix

Nutrition Facts													
Per 100 g/ dry mix													
Amount Per Serving													
Calories 320	Calories from Fat 1.8												
% Daily Value*													
Total Fat 0.20 g	0%												
Saturated Fat 0.00 g													
+ Trans 0g 0%													
Cholesterol 0mg	0%												
Sodium 530mg	22%												
Total Carbohydrates 77g	25%												
Fiber 0g 0%													
Sugars 0g													
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 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%
Vitamin A 0%	•	Vitamin C 0%											
Calcium 2%	•	Iron 2%											
Thiamine 2%	•	Riboflavin 0%											
Niacin 2%	•	Folate 0%											
* Based on a 2000 calorie diet													

Candadi Yeast Free Rice Bread Mix

Nutrition Facts													
Per 100 g/ dry mix													
Amount Per Serving													
Calories 390	Calories from Fat 22.5												
% Daily Value*													
Total Fat 2.50 g	3%												
Saturated Fat 0.50 g													
+ Trans 0g 2%													
Cholesterol 0mg	0%												
Sodium 860mg	35%												
Total Carbohydrates 86g	28%												
Fiber 7g 28%													
Sugars 3g													
Protein 5g													
<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 45%</td> </tr> <tr> <td>Thiamine 90%</td> <td>•</td> <td>Riboflavin 40%</td> </tr> <tr> <td>Niacin 35%</td> <td>•</td> <td>Folate 2%</td> </tr> </table>		Vitamin A 0%	•	Vitamin C 0%	Calcium 2%	•	Iron 45%	Thiamine 90%	•	Riboflavin 40%	Niacin 35%	•	Folate 2%
Vitamin A 0%	•	Vitamin C 0%											
Calcium 2%	•	Iron 45%											
Thiamine 90%	•	Riboflavin 40%											
Niacin 35%	•	Folate 2%											
* Based on a 2000 calorie diet													

Crispy Chicken Coating Mix

Nutrition Facts													
Per 100 g/ dry mix													
Amount Per Serving													
Calories 89	Calories from Fat 4.5												
% Daily Value*													
Total Fat 0.50 g	0%												
Saturated Fat 0.10 g													
+ Trans 0g 0%													
Cholesterol 0mg	0%												
Sodium 880mg	36%												
Total Carbohydrates 21g	7%												
Fiber 2g 8%													
Sugars 3g													
Protein 2g													
<table border="0"> <tr> <td>Vitamin A 80%</td> <td>•</td> <td>Vitamin C 2%</td> </tr> <tr> <td>Calcium 5%</td> <td>•</td> <td>Iron 7%</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 80%	•	Vitamin C 2%	Calcium 5%	•	Iron 7%	Thiamine 2%	•	Riboflavin 2%	Niacin 2%	•	Folate 2%
Vitamin A 80%	•	Vitamin C 2%											
Calcium 5%	•	Iron 7%											
Thiamine 2%	•	Riboflavin 2%											
Niacin 2%	•	Folate 2%											
* Based on a 2000 calorie diet													

Tapioca Rice Bread Mix

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories 350	Calories from Fat 4.5
% Daily Value*	
Total Fat 0.50 g	0%
Saturated Fat 0.20 g	
+ Trans 0g	1%
Cholesterol 0mg	0%
Sodium 770mg	32%
Total Carbohydrates 92g	30%
Fiber 11g	44%
Sugars 16g	
Protein 5g	
Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 20% Thiamine 35% • Riboflavin 20% Niacin 10% • Folate 0%	
* Based on a 2000 calorie diet	

Chocolate Cake Mix

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories 370	Calories from Fat 22.5
% Daily Value*	
Total Fat 2.50 g	3%
Saturated Fat 0.10 g	
+ Trans 0g	0%
Cholesterol 0mg	0%
Sodium 590mg	24%
Total Carbohydrates 81g	27%
Fiber 3g	12%
Sugars 43g	
Protein 4g	
Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 7% Thiamine 5% • Riboflavin 2% Niacin 2% • Folate 0%	
* Based on a 2000 calorie diet	

Pastry & Pie Crust Mix

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories 380	Calories from Fat 9
% Daily Value*	
Total Fat 1.00 g	1%
Saturated Fat 0.20 g	
+ Trans 0g	1%
Cholesterol 0mg	0%
Sodium 1060mg	44%
Total Carbohydrates 86g	28%
Fiber 4g	16%
Sugars 0g	
Protein 6g	
Vitamin A 0% • Vitamin C 0% Calcium 7% • Iron 5% Thiamine 5% • Riboflavin 2% Niacin 7% • Folate 5%	
* 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	1%
Cholesterol 5mg	1%
Sodium 240mg	10%
Total Carbohydrates 18g	6%
Fiber 1g	4%
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	
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	
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	
Cholesterol 0mg	0%
Sodium 350mg	14%
Total Carbohydrates 24g	8%
Fiber 2g	
Sugars 0g	
Protein 1g	
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	
Cholesterol 0mg	0%
Sodium 70mg	2%
Total Carbohydrates 13g	4%
Fiber 0g	
Sugars 4g	
Protein 0g	
Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 2% Thiamine 2% • Riboflavin 0% Niacin 2% • Folate 0%	
* Based on a 2000 calorie diet	

All Purpose Celiac Flour

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories 350	Calories from Fat 4.5
% Daily Value*	
Total Fat 0.50 g	0%
Saturated Fat 0.20 g	
+ Trans 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrates 82g	27%
Fiber 2g	
Sugars 0g	
Protein 3g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 2% Thiamine 5% • Riboflavin 0% Niacin 5% • 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	
Cholesterol 15mg	5%
Sodium 150mg	6%
Total Carbohydrates 10g	3%
Fiber 1g	
Sugars 2g	
Protein 1g	
Vitamin A 2% • Vitamin C 0% 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	
Cholesterol 5mg	1%
Sodium 1570mg	65%
Total Carbohydrates 91g	30%
Fiber 16g	
Sugars 22g	
Protein 12g	
Vitamin A 0% • Vitamin C 5% Calcium 5% • Iron 120% Thiamine 2% • Riboflavin 0% Niacin 5% • Folate 5%	
* Based on a 2000 calorie diet	

KinnActive Baking Powder

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories 5	Calories from Fat 0
% Daily Value*	
Total Fat 0.00 g	0%
Saturated Fat 0.00 g	
+ Trans 0g	
Cholesterol 0mg	0%
Sodium 420mg	17%
Total Carbohydrates 1g	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	

White Rice Flour

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories 334	Calories from Fat 13.5
% Daily Value*	
Total Fat 1.50 g	2%
Saturated Fat 0.40 g	
+ Trans 0g 2%	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 80g	26%
Fiber 2g 8%	
Sugars 0g	
Protein 6g	
Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 2% Thiamine 7% • Riboflavin 2% Niacin 15% • Folate 2%	
* Based on a 2000 calorie diet	

Sweet Rice Flour

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories 339	Calories from Fat 22.5
% Daily Value*	
Total Fat 2.50 g	3%
Saturated Fat 0.50 g	
+ Trans 0g 2%	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 79g	26%
Fiber 4g 16%	
Sugars 0g	
Protein 6g	
Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 7% Thiamine 30% • Riboflavin 35% Niacin 30% • Folate 2%	
* Based on a 2000 calorie diet	

Corn Meal

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories 360	Calories from Fat 31.5
% Daily Value*	
Total Fat 3.50 g	5%
Saturated Fat 0.50 g	
+ Trans 0g 2%	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrates 77g	25%
Fiber 7g 28%	
Sugars 0g	
Protein 8g	
Vitamin A 45% • Vitamin C 0% Calcium 0% • Iron 25% Thiamine 30% • Riboflavin 10% Niacin 20% • Folate 10%	
* Based on a 2000 calorie diet	

Potato Starch

Nutrition Facts	
Per 100 g dry mix	
Amount Per Serving	
Calories 328	Calories from Fat 0
% Daily Value*	
Total Fat 0.00 g	0%
Saturated Fat 0.00 g	
+ Trans 0g 0%	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 82g	27%
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	

Tapioca Starch

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories 380	Calories from Fat 0.9
% Daily Value*	
Total Fat 0.10 g	0%
Saturated Fat 0.00 g	
+ Trans 0g 0%	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 91g	30%
Fiber 1g 4%	
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 2% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	
* Based on a 2000 calorie diet	

Rice Bran

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories 320	Calories from Fat 189
% Daily Value*	
Total Fat 21.00 g	32%
Saturated Fat 4.00 g	
+ Trans 0g 20%	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrates 50g	16%
Fiber 35g 140%	
Sugars 1g	
Protein 13g	
Vitamin A 0% • Vitamin C 0% Calcium 5% • Iron 130% Thiamine 210% • Riboflavin 15% Niacin 180% • Folate 30%	
* Based on a 2000 calorie diet	

Xanthan Gum

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories	3 Calories from Fat 0
% Daily Value*	
Total Fat	0.00 g 0%
Saturated Fat	0.00 g
+ Trans	0g 0%
Cholesterol	0mg 0%
Sodium	135mg 5%
Total Carbohydrates	4g 1%
Fiber	4g 16%
Sugars	0g
Protein	0g
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 2% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	

* Based on a 2000 calorie diet

Guar Gum

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories	20 Calories from Fat 0
% Daily Value*	
Total Fat	0.00 g 0%
Saturated Fat	0.00 g
+ Trans	0g 0%
Cholesterol	0mg 0%
Sodium	1mg 0%
Total Carbohydrates	5g 1%
Fiber	4g 16%
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

Soya Flour

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories	161 Calories from Fat 9
% Daily Value*	
Total Fat	1.00 g 1%
Saturated Fat	0.00 g
+ Trans	0g 0%
Cholesterol	0mg 0%
Sodium	20mg 0%
Total Carbohydrates	38g 12%
Fiber	18g 72%
Sugars	0g
Protein	47g
Vitamin A 2% • Vitamin C 0% Calcium 20% • Iron 70% Thiamine 15% • Riboflavin 2% Niacin 50% • Folate 140%	

* Based on a 2000 calorie diet

Corn Starch

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories	365 Calories from Fat 0.9
% Daily Value*	
Total Fat	0.10 g 0%
Saturated Fat	0.00 g
+ Trans	0g 0%
Cholesterol	0mg 0%
Sodium	10mg 0%
Total Carbohydrates	91g 30%
Fiber	1g 4%
Sugars	0g
Protein	0g
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 2% Thiamine 0% • Riboflavin 0% Niacin 0% • Folate 0%	

* Based on a 2000 calorie diet

Brown Rice Flour

Nutrition Facts	
Per 100 g/ dry mix	
Amount Per Serving	
Calories	330 Calories from Fat 22.5
% Daily Value*	
Total Fat	2.50 g 3%
Saturated Fat	0.50 g
+ Trans	0g 2%
Cholesterol	0mg 0%
Sodium	10mg 0%
Total Carbohydrates	77g 25%
Fiber	5g 20%
Sugars	0g
Protein	7g
Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 10% Thiamine 30% • Riboflavin 2% Niacin 40% • Folate 2%	

* Based on a 2000 calorie diet

Corn Flour

Nutrition Facts	
Per 100g dry mix	
Amount Per Serving	
Calories	336 Calories from Fat 31.5
% Daily Value*	
Total Fat	3.50 g 5%
Saturated Fat	0.50 g
+ Trans	0g 2%
Cholesterol	0mg 0%
Sodium	5mg 0%
Total Carbohydrates	76g 25%
Fiber	10g 40%
Sugars	0g
Protein	9g
Vitamin A 0% • Vitamin C 0% Calcium 10% • Iron 50% Thiamine 45% • Riboflavin 50% Niacin 10% • Folate 10%	

* Based on a 2000 calorie diet

Icing Sugar

Nutrition Facts	
Per 100g Dry Mix	
Amount Per Serving	
Calories	396 Calories from Fat 0
% Daily Value*	
Total Fat	0.00 g 0%
Saturated Fat	0.00 g
+ Trans	0g 0%
Cholesterol	0mg 0%
Sodium	1mg 0%
Total Carbohydrates	99g 33%
Fiber	0g 0%
Sugars	94g
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

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

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

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	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrates 14g	4%
Fiber 0g	
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	

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	
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 2g	
Protein 1g	
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	
Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 0% 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	
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	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 2% 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 4%													
Cholesterol	0mg 0%												
Sodium	90mg 3%												
Total Carbohydrates	6g 2%												
Fiber 0g 0%													
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													

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 2%													
Cholesterol	60mg 20%												
Sodium	340mg 14%												
Total Carbohydrates	41g 13%												
Fiber 6g 24%													
Sugars 15g													
Protein	4g												
<table border="0"> <tr> <td>Vitamin A 10%</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 5%</td> </tr> <tr> <td>Niacin 2%</td> <td>•</td> <td>Folate 5%</td> </tr> </table>		Vitamin A 10%	•	Vitamin C 0%	Calcium 2%	•	Iron 2%	Thiamine 2%	•	Riboflavin 5%	Niacin 2%	•	Folate 5%
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 20%													
Cholesterol	50mg 16%												
Sodium	140mg 5%												
Total Carbohydrates	34g 11%												
Fiber 1g 4%													
Sugars 20g													
Protein	2g												
<table border="0"> <tr> <td>Vitamin A 15%</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 0%</td> <td>•</td> <td>Folate 2%</td> </tr> </table>		Vitamin A 15%	•	Vitamin C 0%	Calcium 2%	•	Iron 2%	Thiamine 2%	•	Riboflavin 0%	Niacin 0%	•	Folate 2%
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 5%													
Cholesterol	10mg 3%												
Sodium	25mg 1%												
Total Carbohydrates	14g 4%												
Fiber 0g 0%													
Sugars 8g													
Protein	0g												
<table border="0"> <tr> <td>Vitamin A 2%</td> <td>•</td> <td>Vitamin C 2%</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 2%	•	Vitamin C 2%	Calcium 0%	•	Iron 2%	Thiamine 0%	•	Riboflavin 0%	Niacin 0%	•	Folate 0%
Vitamin A 2%	•	Vitamin C 2%											
Calcium 0%	•	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 15%													
Cholesterol	0mg 0%												
Sodium	200mg 8%												
Total Carbohydrates	41g 13%												
Fiber 2g 8%													
Sugars 19g													
Protein	2g												
<table border="0"> <tr> <td>Vitamin A 2%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 2%</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 2%	•	Vitamin C 0%	Calcium 2%	•	Iron 4%	Thiamine 0%	•	Riboflavin 0%	Niacin 0%	•	Folate 0%
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												
<table border="0"> <tr> <td>Vitamin A 0%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 4%</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 4%	•	Iron 2%	Thiamine 0%	•	Riboflavin 0%	Niacin 0%	•	Folate 0%
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													
<table border="0"> <tr> <td>Vitamin A 2%</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 2%	•	Vitamin C 0%	Calcium 2%	•	Iron 2%	Thiamine 0%	•	Riboflavin 0%	Niacin 0%	•	Folate 0%
Vitamin A 2%	•	Vitamin C 0%											
Calcium 2%	•	Iron 2%											
Thiamine 0%	•	Riboflavin 0%											
Niacin 0%	•	Folate 0%											
* 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 12%													
Cholesterol 5mg	1%												
Sodium 230mg	9%												
Total Carbohydrates 39g	13%												
Fiber 1g 4%													
Sugars 17g													
Protein 3g													
<table border="0"> <tr> <td>Vitamin A 0%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 4%</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 4%	•	Iron 2%	Thiamine 0%	•	Riboflavin 0%	Niacin 0%	•	Folate 0%
Vitamin A 0%	•	Vitamin C 0%											
Calcium 4%	•	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													
<table border="0"> <tr> <td>Vitamin A 15%</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 15%	•	Vitamin C 0%	Calcium 2%	•	Iron 2%	Thiamine 0%	•	Riboflavin 0%	Niacin 0%	•	Folate 0%
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													
<table border="0"> <tr> <td>Vitamin A 20%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 2%</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 20%	•	Vitamin C 0%	Calcium 2%	•	Iron 4%	Thiamine 0%	•	Riboflavin 0%	Niacin 0%	•	Folate 0%
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													
<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 0%</td> <td>•</td> <td>Riboflavin 0%</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 0%	•	Riboflavin 0%	Niacin 2%	•	Folate 2%
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													
<table border="0"> <tr> <td>Vitamin A 30%</td> <td>•</td> <td>Vitamin C 0%</td> </tr> <tr> <td>Calcium 5%</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 2%</td> </tr> </table>		Vitamin A 30%	•	Vitamin C 0%	Calcium 5%	•	Iron 2%	Thiamine 0%	•	Riboflavin 0%	Niacin 0%	•	Folate 2%
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

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	17%
Cholesterol 85mg	28%
Sodium 370mg	15%
Total Carbohydrates 51g	17%
Fiber 2g	8%
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

Chocolate Lovers Jumbo Muffin

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	22%
Cholesterol 80mg	26%
Sodium 350mg	14%
Total Carbohydrates 50g	16%
Fiber 2g	8%
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

Personal Size Pizza Crust

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	5%
Cholesterol 26mg	8%
Sodium 180mg	7%
Total Carbohydrates 41g	13%
Fiber 5g	20%
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

Pizza Crust - 10 inch

Nutrition Facts	
Per 1 Slice	
Amount Per Serving	
Calories 110	Calories from Fat 27
% Daily Value*	
Total Fat 3.00 g	4%
Saturated Fat 0.50 g	
+ Trans 0g	2%
Cholesterol 20mg	6%
Sodium 110mg	4%
Total Carbohydrates 20g	6%
Fiber 1g	4%
Sugars 4g	
Protein 1g	
Vitamin A 7%	Vitamin C 0%
Calcium 0%	Iron 5%
Thiamine 5%	Riboflavin 10%
Niacin 5%	Folate 5%

* Based on a 2000 calorie diet