

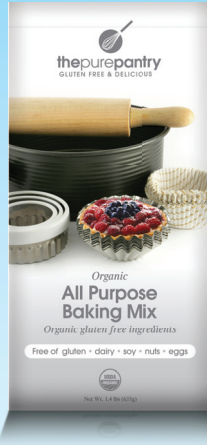


thepurepantry
GLUTEN FREE & DELICIOUS

Organic Nutritional Facts



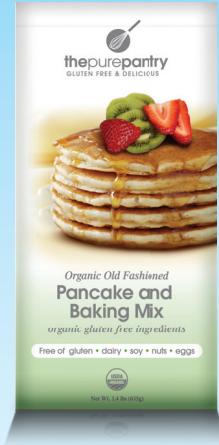
Organic
Sugar Cookies



Organic
All Purpose Baking Mix



Organic Buckwheat Flax
Pancake and Baking Mix



Organic Old Fashioned
Pancake and Baking Mix

Nutritional Facts

Serving Size 1/20 Pkg (18g)
Servings Per Container about 20

Amount Per Serving

Calories 60 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 14g 4%

Dietary Fiber 0g 0%

Sugars 5g

Protein <1g

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutritional Facts

Serving Size 1/3 cup Mix (40g)
Servings Per Container about 15

Amount Per Serving

Calories 150 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 280mg 12%

Total Carbohydrate 23g 11%

Dietary Fiber <1g 2%

Sugars 0g

Protein 2g

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutritional Facts

Serving Size 2 Pancakes (40g) /1.4oz.
Servings Per Container about 15

Amount Per Serving

Calories 110 Calories from Fat 45

% Daily Value*

Total Fat 4g 7%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 490mg 20%

Total Carbohydrate 23g 8%

Dietary Fiber 6g 24%

Sugars 2g

Protein 5g

Vitamin A 0% Vitamin C 0%

Calcium 4% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutritional Facts

Serving Size 1/3 cup Mix (40g) /2 Pancakes
Servings Per Container about 15

Amount Per Serving

Calories 150 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 280mg 12%

Total Carbohydrate 33g 11%

Dietary Fiber <1g 2%

Sugars 3g

Protein 2g

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

**Nutritional Information
Typical Values per 100g**

Energy	1363kj/320cal
Protein	3.0g
Carbohydrate	75.0g
Fat	1.0

**Nutritional Information
Typical Values per 100g**

Energy	1553kj/370cal
Protein	6.0g
Carbohydrate	81.0g
Fat	2.0

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Typical Values per 100g**

Energy	1553kj/370cal
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**Nutritional Information
Typical Values per 100g**

Energy	1553kj/370cal
Protein	6.0g
Carbohydrate	81.0g
Fat	2.0

INGREDIENTS: Organic brown rice flour, organic evaporated cane juice, organic white rice flour, organic potato starch flour, organic tapioca flour, xanthan gum, sea salt.

INGREDIENTS: organic brown rice flour, organic white rice flour, organic potato starch flour, organic corn flour, organic tapioca flour, baking soda, aluminum free baking powder, xanthan gum, sea salt.

INGREDIENTS: organic buckwheat flour, organic brown rice flour, organic flax meal, organic white rice flour, aluminum free baking powder, baking soda, salt, xanthan gum.

INGREDIENTS: Proprietary organic flour blend (containing: brown rice flour, white rice flour, corn flour, tapioca flour), baking soda, aluminum free baking powder, xanthan gum, sea salt



ALLERGY INFORMATION: Our products are batch tested for absence of gluten to ensure their purity.

Free of gluten • dairy • soy • nuts • eggs



119 N. El Camino Real, Suite E146, Encinitas, CA 92024
760-479-2339 | www.thepurepantry.com