



thepurepantry
GLUTEN FREE & DELICIOUS

Wholegrain Nutritional Facts



**Wholegrain
Dark Chocolate
Cake Mix**



**Wholegrain
Oatmeal Spice
Cookie Mix**



**Wholegrain
Chocolate Chip
Coconut Cookie Mix**



**Old Fashioned
Chocolate Chip
Cookie Mix**

Nutritional Facts	
Serving Size 1/12 Package Dry Mix (58g) Servings Per Container about 12	
Amount Per Serving	
Calories 180	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 41g	14%
Dietary Fiber 2g	15%
Sugars 12g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 15%

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

Nutritional Information Typical Values per 100g	
Energy	1364kj/310cal
Protein	6.0g
Carbohydrate	70.0g
Fat	2.5

INGREDIENTS: Proprietary flour blend (containing: brown rice flour, sorghum flour, quinoa flour, potato starch flour), cocoa, maple sugar, sucanat, baking powder, baking soda, sea salt and xanthan gum

Nutritional Facts	
Serving Size 1/24 Pkg (18g) Servings Per Container about 24	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

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

Nutritional Information Typical Values per 100g	
Energy	1522kj/350cal
Protein	8.0g
Carbohydrate	75.0g
Fat	3.0

INGREDIENTS: Gluten free oats, evaporated cane juice, brown rice flour, potato starch flour, white rice flour, organic corn flour, tapioca flour, cinnamon, nutmeg, xanthan gum.

Nutritional Facts		
Serving Size 1/24 Pkg, (21g) Dry Mix 1 Cookie (29g) Prepared Servings Per Container about 24		
Amount Per Serving		
Calories	Dry*	Prepared**
Calories	80	120
Calories from Fat	35	70
% Daily Value***		
Total Fat 4g*	6%	12%
Saturated Fat 1g	10%	20%
Trans Fat 0g		
Cholesterol 0mg	0%	7%
Sodium 170mg	7%	8%
Total Carbohydrate 12g	4%	4%
Dietary Fiber 2g	8%	8%
Sugars 8g		
Protein 2g		
Vitamin A	0%	2%
Vitamin C	0%	0%
Calcium	2%	2%
Iron	4%	4%

*Dry Mix. ** 1 Cookies Prepared:
Total fat 8g, Sat. fat 4g, Sodium 205mg.
***Percent Daily Values are based on a 2,000 calorie diet.

Nutritional Information Typical Values per 100g	
Energy	1825kj/360cal
Protein	8.0g
Carbohydrate	58.0g
Fat	19.0

INGREDIENTS: Buckwheat flour, brown rice flour, white rice flour, flax meal, brown sugar, gluten free/dairy free chocolate chips (evaporated cane juice, chocolate liquor, non-dairy cocoa butter), coconut, aluminum free baking powder, baking soda, sea salt, xanthan gum.

Nutritional Facts		
Serving Size 1/24 Pkg, (19g) Dry Mix 1 Cookie (29g) Prepared Servings Per Container about 24		
Amount Per Serving		
Calories	Dry*	Prepared**
Calories	80	150
Calories from Fat	20	90
% Daily Value***		
Total Fat 2g*	3%	15%
Saturated Fat 1g	5%	25%
Trans Fat 0g		
Cholesterol 0mg	0%	7%
Sodium 55mg	2%	3%
Total Carbohydrate 15g	5%	5%
Dietary Fiber < 1g	2%	2%
Sugars 8g		
Protein 1g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	2%	2%
Iron	4%	4%

*Dry Mix. ** 1 Cookies Prepared:
Total fat 10g, Sat. fat 5g, Sodium 60mg.
***Percent Daily Values are based on a 2,000 calorie diet.

Nutritional Information Typical Values per 100g	
Energy	1801kj/410cal
Protein	4.0g
Carbohydrate	78.0g
Fat	11.0

INGREDIENTS: Brown rice flour, white rice flour, potato starch flour, organic corn flour, tapioca flour, evaporated cane juice, brown sugar, gluten free/dairy free chocolate chips, (evaporated cane juice, chocolate liquor, non-dairy cocoa butter), baking soda, aluminum free baking powder, sea salt, xanthan gum.



ALLERGY INFORMATION:

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



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