

We're New.
 We're Different.
 We're Delicious.
 We're Gluten-Free Naturals
 from GFN Foods, LLC



Cornbread & Corn Muffin Mix



Nutrition Facts		
Serving Size	3 tbsp (24g) dry mix makes 1/10 slice Cornbread (53g) prepared	
Servings Per Container	10	
	3 tbsp dry mix	1/10 slice prepared
Amount Per Serving		
Calories	90	150
Calories from Fat	0	60
	% Daily Value**	
Total Fat	0g*	0% 9%
Saturated Fat	0g	0% 5%
Trans Fat	0g	
Cholesterol	0mg	0% 8%
Sodium	230mg	10% 10%
Total Carbohydrate	20g	7% 7%
Dietary Fiber	<1g	4% 4%
Sugars	3g	
Protein	2g	
Vitamin A	0%	0%
Calcium	0%	0%
Vitamin C	4%	8%
Iron	2%	2%

*Amount in one serving of dry mix. When prepared as directed, one serving (53g) contains an additional 70 calories, 6g fat (1g sat fat), 25 mg chol, 10 mg sodium, 1g total carbohydrate (1g sugar), 1g protein and 40mg calcium.
 **Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

What makes it better?

- * Soft, moist low-grit texture
- * Medium sweetness
- * Cross between "Yankee" and "Southern"
- * Stays moist on counter
- * No Trans Fats
- * 150 calories per serving
- * Simple preparation
- * Freezes very well
- * 8.6 oz. package makes 8 x 8 pan

Ingredients: CORN MEAL, RICE FLOUR, TAPIOCA STARCH, CORN FLOUR, SUGAR, SOY PROTEIN, BAKING POWDER (CONTAINS SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, AND MONO-CALCIUM PHOSPHATE), XANTHAN GUM, GUAR GUM, SALT, AND GLUTEN-FREE NATURAL FLAVORING

Allergen Information: Contains Soy and Milk
 UPC Code: 187058 000074

Gluten-Free Naturals Mixes are all-natural, OU kosher and made in the USA. Our family-owned and operated company combines innovation and unique ingredients to develop products that have great taste, great texture, greater moistness and simple preparation; characteristics not found in many other gluten-free products.

Our products have established a string, loyal following with a high level of repeat purchases after initial trial.

Gluten-Free Naturals products are also available in bulk for gluten-free bakery and contamination-free food service applications

Gluten-Free Naturals - What you would naturally want to have on a gluten-free diet.

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