

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



Multi-Grain Bread Flour

What makes it better?

- * Mild, slightly nutty flavor
- * Moist texture; non-gritty, does not need toasting
- * Holds together; great for sandwiches
- * 100 calories a serving
- * No Trans Fats
- * Simple preparation; works in most bread machines
- * Casein-Free and Dairy-Free
- * 8% recommended fiber per serving
- * No preservatives
- * 16 oz. package makes a 2lb loaf, or two 1lb loaves

Ingredients: CORN STARCH, TAPIOCA STARCH, WHOLE GRAIN SORGHUM FLOUR, WHOLE GRAIN TEFF FLOUR, WHOLE GRAIN AMARANTH FLOUR, SOY FIBER, XANTHAN GUM, SOY PROTEIN, NATURAL COCOA AND ASCORBIC ACID

Allergen Information: Contains Soy
 UPC Code: 187058 000081

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 strong, 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.

GFN Foods, LLC
 P.O. Box 1626
 Cranford, NJ 07016
www.gfnfoods.com
sales@gfnfoods.com
 (866) 761-6147



Nutrition Facts	
Serving Size ¼ cup (28g)	
Servings Per Container about 16	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars <1g	
Protein 1g	
Vitamin A 0%	0%
Calcium 2%	2%
Vitamin C 40%	40%
Iron 4%	4%
*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 • Carbohydrates 4 • Protein 4