

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



Pancake Mix



Nutrition Facts

Serving Size 4.5 tbsp (40g) dry mix makes
 3 4" pancakes (110g) prepared
 Servings Per Container about 9

Amount Per Serving	4.5 tbsp dry mix	1 serving prepared
Calories	140	210
Calories from Fat	5	50
	% Daily Value**	
Total Fat 0.5g*	1%	8%
Saturated Fat 0g	0%	5%
Trans Fat 0g		
Cholesterol 0mg	0%	17%
Sodium 370mg	15%	17%
Total Carbohydrate 29g	10%	11%
Dietary Fiber 2g	8%	8%
Sugars 2g		
Protein 4g		
Vitamin A	0%	4%
Calcium	8%	15%
Vitamin C	0%	0%
Iron	4%	6%

*Amount in one serving of dry mix. When prepared as directed, one serving (110g) contains an additional 70 cal, 4.5g fat (1g sat fat), 50 mg chol, 40 mg sodium, 3g total carbohydrate (3g sugars), and 3g protein

**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?

- * Excellent, buttery taste profile
- * Moist texture; non-gritty
- * Light pancakes that brown nicely
- * Makes light, crisp waffles too
- * 210 calories a serving
- * No Trans Fats
- * Simple preparation
- * Freezes well
- * 12.6 oz. package includes two inner packets for customer convenience

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

Allergen Information: Contains Soy and Milk
 UPC Code: 187058 000043

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