



2023  
Product  
CATALOGUE



Best things in life are free from™

**Kinnikinnick's Promise**



Crafting safe and scrumptious gluten-free baking since 1991, also **free from** dairy, nuts, peanuts and soy. Still family-owned, we're loved the world-over by those with celiac disease and on restricted diets.

Share the Best Things In Life with your family and friends, free from risk and worry.



\*Trademark of the National Foundation for Celiac Awareness. Used under license.



## GROCERY AISLE

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- Ginger Snap
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- KinniTOOS® Mint Magic Sandwich Crème
- KinniTOOS® CinnaBunFun Sandwich Crème
- KinniTOOS® Chocolate Sandwich Crème
- KinniTOOS® Vanilla Sandwich Crème
- KinniTOOS® Fudge Sandwich Crème
- KinniKritters® Chocolate Animal
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Coming soon!

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@KinnikinnickGF Product of Canada

# GROCERY AISLE COOKIES



We're proud to change lives, one cookie at a time: Ours have been the most popular gluten-free favorites for decades, bringing you return store visits from loyal customers & new ones, seeking scrumptious allergy-friendly snacks.

## S'moreables® Graham Style Crackers



### Nutrition Facts

About 7 servings per container  
Serving size 2 crackers (32g)

Amount per serving		
<b>Calories</b>	<b>150</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>	
Saturated Fat 2.5g	<b>13%</b>	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 130mg	<b>6%</b>	
<b>Total Carbohydrate</b> 24g	<b>9%</b>	
Dietary Fiber 1g	<b>4%</b>	
Total Sugars 7g		
Includes 7g Added Sugars	<b>14%</b>	
<b>Protein</b> 1g		
Vitamin D 0mcg	0%	
Calcium 30mg	2%	
Iron 0.4mg	2%	
Potassium 70mg	2%	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Pea starch, shortening (palm oil, modified palm oil), brown rice flour, potato starch†, brown sugar†, sweet rice flour, tapioca starch, water, cane sugar, tapioca syrup, rice bran, molasses†, salt, sodium bicarbonate, pea protein, natural flavor, pea fiber, inulin, sunflower lecithin, mono calcium phosphate, modified cellulose, guar gum.

**May contain:** Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.



NET WT 8 OZ. 220g  
Pack: 6 per case  
Unit Dim.: 7.5"H 5.5"W 1.75"D  
Shelf Life: 365 days



## Vanilla Wafers



### Nutrition Facts

About 5 servings per container  
Serving size 8 wafers (36g)

Amount per serving		
<b>Calories</b>	<b>160</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>	
Saturated Fat 2.5g	<b>13%</b>	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 130mg	<b>6%</b>	
<b>Total Carbohydrate</b> 27g	<b>10%</b>	
Dietary Fiber 1g	<b>4%</b>	
Total Sugars 10g		
Includes 9g Added Sugars	<b>18%</b>	
<b>Protein</b> 1g		
Vitamin D 0mcg	0%	
Calcium 10mg	0%	
Iron 0mg	0%	
Potassium 20mg	0%	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cane sugar, egg whites, white rice flour, potato starch†, shortening (palm oil, modified palm oil), pea starch, tapioca starch, cellulose, water, tapioca syrup, natural flavors, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), modified cellulose, sunflower lecithin, beta-carotene [color].

†Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.



NET WT 6.3 OZ. 180g  
Pack: 6 per case  
Unit Dim.: 7.5"H 5.5"W 1.75"D  
Shelf Life: 365 days

## Lemon Wafers



### Nutrition Facts

About 5 servings per container  
Serving size 8 wafers (36g)

Amount per serving		
<b>Calories</b>	<b>160</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>	
Saturated Fat 2.5g	<b>13%</b>	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 130mg	<b>6%</b>	
<b>Total Carbohydrate</b> 27g	<b>10%</b>	
Dietary Fiber 1g	<b>4%</b>	
Total Sugars 10g		
Includes 9g Added Sugars	<b>18%</b>	
<b>Protein</b> 1g		
Vitamin D 0mcg	0%	
Calcium 10mg	0%	
Iron 0mg	0%	
Potassium 20mg	0%	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cane sugar, egg whites, white rice flour, shortening (palm oil, modified palm oil), potato starch†, pea starch, tapioca starch, natural flavor, tapioca syrup, cellulose, water, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate) modified cellulose, sunflower lecithin, beta-carotene [color].

†Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.



NET WT 6.3 OZ. 180g  
Pack: 6 per case  
Unit Dim.: 7.5"H 5.5"W 1.75"D  
Shelf Life: 365 days

## Montanas Chocolate Chip



### Nutrition Facts

About 7 servings per container  
**Serving size 4 cookies (33g)**

Amount per serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 12g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 0.8mg	4%
Potassium 40mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Chocolate chips (sugar†, unsweetened chocolate, cocoa butter), pea starch, shortening (palm oil, modified palm oil), brown sugar†, rice flour, water, cane sugar, potato starch†, pea protein, dextrose†, natural flavor, salt, canola oil, leavening (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), modified cellulose, sunflower lecithin, pea fiber.  
**May contain: Egg**

†Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.



NET WT 8 OZ. 220g  
 Pack: 6 per case  
 Unit Dim.: 7.5"H 5.25"W 2.25"D  
 Shelf Life: 365 days



## Ginger Snap



### Nutrition Facts

About 6 servings per container  
**Serving size 4 cookies (32g)**

Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 10g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	4%
Potassium 45mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cane sugar, white rice flour, shortening (palm oil, modified palm oil), potato starch†, whole eggs, tapioca starch, molasses†, water, ginger, salt, cinnamon, modified cellulose, sodium bicarbonate, allspice.  
 †Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.



NET WT 7 OZ. 190g  
 Pack: 6 per case  
 Unit Dim.: 8.25"H 5.25"W 2.25"D  
 Shelf Life: 240 days

## KinniTOOS® Birthday Sandwich Crème



### Nutrition Facts

About 8 servings per container  
**Serving size 2 cookies (30g)**

Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 13g	
Includes 13g Added Sugars	<b>26%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	15%
Potassium 130mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cane sugar, shortening (palm oil, modified palm oil), pea starch, potato starch†, rice flour, cocoa powder, water, tapioca starch, tapioca syrup, pea protein, natural flavor, salt, pea fiber, sunflower lecithin, gum arabic, inulin, baking soda, modified cellulose, spirulina extract, red cabbage extract, turmeric extract, radish extract.  
**May contain: Egg**

†Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.



NET WT 8 OZ. 220g  
 Pack: 6 per case  
 Unit Dim.: 7.5"H 5.5"W 1.75"D  
 Shelf Life: 365 days



## KinniTOOS® Mint Magic Sandwich Crème



### Nutrition Facts

About 8 servings per container  
**Serving size 2 cookies (30g)**

Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 13g	
Includes 13g Added Sugars	<b>26%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 2.8mg	15%
Potassium 130mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cane sugar, shortening (palm oil, modified palm oil), pea starch, potato starch†, rice flour, cocoa powder, water, tapioca starch, tapioca syrup, pea protein, natural flavor, salt, pea fiber, sunflower lecithin, gum arabic, inulin, baking soda, modified cellulose, spirulina extract.  
**May contain: Egg**

†Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.



NET WT 8 OZ. 220g  
 Pack: 6 per case  
 Unit Dim.: 7.5"H 5.5"W 1.75"D  
 Shelf Life: 365 days



KinniTOOS® CinnabunFun Sandwich Crème



**Nutrition Facts**

About 8 servings per container  
**Serving size 2 cookies (30g)**

Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 12g	
Includes 11g Added Sugars	<b>22%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.1mg	0%
Potassium 20mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cane sugar, shortening (palm oil, modified palm oil), rice flour, pea starch, potato starch†, tapioca starch, brown sugar†, water, cinnamon, tapioca syrup, molasses†, pea protein, salt, sunflower lecithin, pea fiber, natural flavor, ginger, inulin, baking soda, modified cellulose, beta-carotene [color].  
**May contain:** Egg  
 †Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.



NET WT 8 OZ. 220g  
 Pack: 6 per case  
 Unit Dim.: 7.5"H 5.5"W 1.75"D  
 Shelf Life: 365 days



KinniTOOS® Chocolate Sandwich Crème



**Nutrition Facts**

About 6 servings per container  
**Serving size 3 cookies (37g)**

Amount per serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 14g	
Includes 12g Added Sugars	<b>24%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.3mg	8%
Potassium 70mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cane sugar, shortening (palm oil, modified palm oil), pea starch, potato starch†, white rice flour, cocoa powder, tapioca starch, water, tapioca syrup, pea protein, salt, natural flavor, pea fiber, sunflower lecithin, inulin, sodium bicarbonate, modified cellulose.  
**May contain:** Egg  
 †Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.



NET WT 8 OZ. 220g  
 Pack: 6 per case  
 Unit Dim.: 7.5"H 5.5"W 1.75"D  
 Shelf Life: 365 days



KinniTOOS® Vanilla Sandwich Crème



**Nutrition Facts**

About 6 servings per container  
**Serving size 3 cookies (37g)**

Amount per serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 13g	
Includes 12g Added Sugars	<b>24%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 10mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cane sugar, shortening (palm oil, modified palm oil), pea starch, white rice flour, potato starch†, tapioca starch, water, tapioca syrup, pea protein, salt, sunflower lecithin, natural flavor, pea fiber, inulin, sodium bicarbonate, modified cellulose, beta-carotene [color].  
**May contain:** Egg  
 †Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.



NET WT 8 OZ. 220g  
 Pack: 6 per case  
 Unit Dim.: 7.5"H 5.5"W 1.75"D  
 Shelf Life: 365 days



KinniTOOS® Fudge Sandwich Crème



**Nutrition Facts**

About 6 servings per container  
**Serving size 3 cookies (37g)**

Amount per serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 12g	
Includes 12g Added Sugars	<b>24%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 1mg	6%
Potassium 89mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cane sugar, shortening (palm oil, modified palm oil), pea starch, white rice flour, potato starch†, cocoa powder, tapioca starch, water, tapioca syrup, pea protein, salt, sunflower lecithin, natural flavor, pea fiber, inulin, sodium bicarbonate, modified cellulose.  
**May contain:** Egg  
 †Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.



NET WT 8 OZ. 220g  
 Pack: 6 per case  
 Unit Dim.: 7.5"H 5.5"W 1.75"D  
 Shelf Life: 365 days



KinniKritters® Chocolate Animal



KinniKritters® Graham Style Animal



KinniKritters® Vanilla Animal



Best things in life are free from™

Produced in a dedicated facility **free from** gluten, wheat, dairy, peanuts, tree nuts and soy.

Gluten-free has never tasted so good\*

**Nutrition Facts**

About 7 servings per container  
**Serving size 12 cookies (30g)**

Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 7g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 60mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Nutrition Facts**

About 7 servings per container  
**Serving size 12 cookies (30g)**

Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 7g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	2%
Potassium 60mg	1%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Nutrition Facts**

About 7 servings per container  
**Serving size 12 cookies (30g)**

Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 7g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 0mg	0%
Potassium 10mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cane sugar, pea starch, potato starch†, shortening (palm oil, modified palm oil), white rice flour, water, tapioca starch, cocoa powder, tapioca syrup, pea protein, modified cellulose, salt, natural flavor, pea fiber, inulin, sunflower lecithin, sodium bicarbonate.

**May contain:** Egg

†Not a product of genetic engineering

**INGREDIENTS:** Pea starch, shortening (palm oil, modified palm oil), brown rice flour, potato starch†, brown sugar†, sweet rice flour, tapioca starch, water, cane sugar, tapioca syrup, rice bran, molasses†, salt, sodium bicarbonate, pea protein, natural flavor, pea fiber, inulin, sunflower lecithin, mono calcium phosphate, modified cellulose, guar gum.

**May contain:** Egg

†Not a product of genetic engineering

**INGREDIENTS:** Cane sugar, pea starch, potato starch†, shortening (palm oil, modified palm oil), white rice flour, tapioca starch, water, tapioca syrup, pea protein, salt, pea fiber, natural flavor, modified cellulose, inulin, sodium bicarbonate, sunflower lecithin, beta-carotene (color).

**May contain:** Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.

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NET WT 8 OZ. 220g

Pack: 6 per case

Unit Dim.: 7.5"H 5.5"W 1.75"D

Shelf Life: 365 days

NET WT 8 OZ. 220g

Pack: 6 per case

Unit Dim.: 7.5"H 5.5"W 1.75"D

Shelf Life: 365 days

NET WT 8 OZ. 220g

Pack: 6 per case

Unit Dim.: 7.5"H 5.5"W 1.75"D

Shelf Life: 365 days



# GROCERY AISLE MIXES

## Pancake & Waffle



### Nutrition Facts

about 11 servings per container  
**Serving size 1/3 cup (40g)**

Amount per serving		
<b>Calories</b>	<b>140</b>	
		<b>% Daily Value*</b>
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 480mg		<b>21%</b>
<b>Total Carbohydrate</b> 33g		<b>12%</b>
Dietary Fiber 1g		<b>4%</b>
Total Sugars 7g		
Includes 7g Added Sugars		<b>14%</b>
<b>Protein</b> 2g		
Vitamin D 0mcg		0%
Calcium 22mg		2%
Iron 0.2mg		2%
Potassium 88mg		2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Pea starch, white rice flour, cane sugar, tapioca starch, dextrose†, chickpea flour, leavening [sodium bicarbonate, sodium acid pyrophosphate, pea starch, mono calcium phosphate], inulin, pea protein, corn starch†, pea fiber, salt, cream of tartar, modified cellulose, natural flavor

**May contain:** Egg  
 †Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.



NET WT 16 OZ. 454g  
 Pack: 6 per case  
 Unit Dim.: 7.5"H 5.5"W 1.75"D  
 Shelf Life: 365 days



## Angel Food Cake



### Nutrition Facts

about 10 servings per container  
**Serving size 3 tbsp (45g)**

Amount per serving		
<b>Calories</b>	<b>170</b>	
		<b>% Daily Value*</b>
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 25mg		<b>1%</b>
<b>Total Carbohydrate</b> 42g		<b>15%</b>
Dietary Fiber 0g		<b>0%</b>
Total Sugars 28g		
Includes 27g Added Sugars		<b>54%</b>
<b>Protein</b> 0g		
Vitamin D 0mcg		0%
Calcium 5mg		1%
Iron 0mg		0%
Potassium 112mg		2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cane sugar, potato starch†, white rice flour, cream of tartar, salt.

**May contain:** Egg  
 †Not a product of genetic engineering



NET WT 15.9 OZ. 450g  
 Pack: 6 per case  
 Unit Dim.: 7.5"H 5.5"W 1.75"D  
 Shelf Life: 365 days

## Chocolate Cake



### Nutrition Facts

about 15 servings per container  
**Serving size 3 tbsp (33g)**

Amount per serving		
<b>Calories</b>	<b>120</b>	
		<b>% Daily Value*</b>
<b>Total Fat</b> 1g		<b>1%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 280mg		<b>12%</b>
<b>Total Carbohydrate</b> 28g		<b>10%</b>
Dietary Fiber 1g		<b>4%</b>
Total Sugars 16g		
Includes 15g Added Sugars		<b>30%</b>
<b>Protein</b> 1g		
Vitamin D 0mcg		0%
Calcium 8mg		1%
Iron 1mg		6%
Potassium 116mg		2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cane sugar, potato starch†, white rice flour, cocoa powder, sweet rice flour, leavening [sodium bicarbonate, sodium acid pyrophosphate, pea starch, mono calcium phosphate], salt, pea protein, modified cellulose, pea starch.

**May contain:** Egg  
 †Not a product of genetic engineering



NET WT 17.6 OZ. 500g  
 Pack: 6 per case  
 Unit Dim.: 7.5"H 5.5"W 1.75"D  
 Shelf Life: 365 days



Baked for sharing, our mixes are so good most people can't tell they're gluten-free. Pancake & Waffle Mix is a must-have, because families love it, allergic or not. Rachel Ray's Magazine tried 'em all and voted ours the best on the market.



## White Cake



### Nutrition Facts

about 15 servings per container  
**Serving size 3 tbsp (33g)**

Amount per serving	Calories 120
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 410mg	<b>18%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 0g	0%
Total Sugars 15g	
Includes 14g Added Sugars	<b>28%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 0mg	0%
Potassium 13mg	1%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#### INGREDIENTS:

Cane sugar, potato starch†, white rice flour, sweet rice flour, leavening (sodium bicarbonate, sodium acid pyrophosphate, pea starch, mono calcium phosphate), salt, pea protein, modified cellulose, pea starch.

May contain: Egg

†Not a product of genetic engineering

## All Purpose Flour Blend



### Nutrition Facts

about 15 servings per container  
**Serving size 3 tbsp (30g)**

Amount per serving	Calories 100
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 5mg	1%
Iron 0mg	0%
Potassium 21mg	1%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#### INGREDIENTS:

White rice flour, potato starch†, tapioca starch, guar gum, modified cellulose.

May contain: Egg

†Not a product of genetic engineering

INSTRUCTIONS: Store in a sealed container in a cool, dry place.

Safe and Scrumptious  
**since 1991**



6 20133 10404 0

NET WT 17.6 OZ. 500g

Pack: 6 per case

Unit Dim.: 7.5"H 5.5"W 1.75"D

Shelf Life: 365 days



6 20133 10524 5

NET WT 16 OZ. 454g

Pack: 6 per case

Unit Dim.: 7.5"H 5.5"W 1.75"D

Shelf Life: 365 days





# GROCERY AISLE

## CROUTONS AND STUFFING MIX



Excite you salads with a crunch of garlic and herbs. Our famous bread got a makeover that'll turn a plain bowl into something special.

Our Traditional Stuffing Mix takes minutes on the stove. Or turn it into a gourmet dish using family-favorite recipes.



### Herb & Garlic Croutons



Nutrition Facts	
about 20 servings per container	
<b>Serving size</b> about 8 pieces (7g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>30</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes <1g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 0.2mg	<b>2%</b>
Potassium 15mg	<b>0%</b>
Thiamin 0.05mg	<b>6%</b>
Riboflavin 0.03mg	<b>4%</b>
Niacin 0.5mg	<b>4%</b>
Folate 10mcg DFE (6 mcg folic acid)	<b>4%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Gluten-free flour blend (modified tapioca starch, potato starch†, rice flour, rice starch), water, high oleic canola oil†, cane sugar, yeast, spices, salt, modified cellulose, psyllium, milled flaxseed, cultured corn syrup solids†, citric acid, vitamins and mineral blend (niacin, iron, thiamin, riboflavin, folic acid), rosemary extract, ascorbic acid.

**May contain:** Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.



NET WT 4.94 OZ. 140g  
Pack: 6 per case  
Unit Dim.: 7.5"H 5.25"W 2.25"D  
Shelf Life: 240 days



### Traditional Stuffing Mix



Nutrition Facts	
about 5 servings per container	
<b>Serving size</b> 2/3 cup (37g)	
about 1 cup prepared	
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
As sold	
Prepared:	
<b>Calories</b>	<b>190</b>
% DV*	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 490mg	<b>21%</b>
<b>Total Carb.</b> 30g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Incl. Added Sugars 1g	<b>2%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 1.5mg	<b>8%</b>
Potassium 60mcg	<b>2%</b>
Thiamin 0.23mg	<b>20%</b>
Riboflavin 0.12mg	<b>10%</b>
Niacin 2.2mcg	<b>15%</b>
Folate 26mcg DFE (16mcg folic acid)	<b>8%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Gluten-free flour blend (modified tapioca starch, potato starch†, rice flour, rice starch), water, high oleic canola oil†, cane sugar, salt, modified cellulose, yeast, herbs (thyme, sage, rosemary, parsley), psyllium, onion, garlic, milled flaxseed, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid), spices, beta-carotene [color], rosemary extract, ascorbic acid.

**May contain:** Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.



NET WT 6.5 OZ. 185g  
Pack: 6 per case  
Unit Dim.: 8"H 5"W 3"D  
Shelf Life: 240 days



# Best things in life are free from™

Produced in a dedicated facility **free from** gluten, wheat, dairy, peanuts, tree nuts and soy.

Gluten-free has never tasted so good\*

# GROCERY AISLE

# BAKING PRODUCTS

## Panko Style Bread Crumbs



Nutrition Facts	
about 12 servings per container	
<b>Serving size 1/4 cup (30g)</b>	
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.6mg	4%
Potassium 20mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Pea starch, water, tapioca starch, white rice flour, pea protein, canola oil †, dextrose †, leavening (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), pea fiber, salt, modified cellulose.

**May contain:** Egg  
†Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.



NET WT 12.5 OZ. 350g  
Pack: 6 per case  
Unit Dim.: 7.5"H 5.5"W 1.75"D  
Shelf Life: 240 days



## Graham Style Cracker Crumbs



Nutrition Facts	
about 10 servings per container	
<b>Serving size 1/4 cup (30g)</b>	
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 7g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.4mg	2%
Potassium 64mg	1%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Pea starch, shortening (palm oil, modified palm oil), brown rice flour, potato starch †, brown sugar †, sweet rice flour, tapioca starch, water, cane sugar, tapioca syrup, rice bran, molasses †, salt, sodium bicarbonate, pea protein, natural flavor, pea fiber, inulin, sunflower lecithin, mono calcium phosphate, modified cellulose, guar gum.

**May contain:** Egg  
†Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.



NET WT 10.5 OZ. 300g  
Pack: 6 per case  
Unit Dim.: 7.5"H 5.5"W 1.75"D  
Shelf Life: 365 days



## Chocolate Cookie Crumbs



Nutrition Facts	
about 10 servings per container	
<b>Serving size 1/4 Cup (30g)</b>	
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>7%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 1mg	6%
Potassium 72mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cane sugar, pea starch, shortening (palm oil, modified palm oil), potato starch †, white rice flour, cocoa powder, water, tapioca starch, tapioca syrup, pea protein, salt, pea fiber, natural flavor, inulin, sodium bicarbonate, sunflower lecithin, modified cellulose.

**May contain:** Egg  
†Not a product of genetic engineering

**INSTRUCTIONS:** Store in a sealed container in a cool, dry place.



NET WT 10.5 OZ. 300g  
Pack: 6 per case  
Unit Dim.: 7.5"H 5.5"W 1.75"D  
Shelf Life: 365 days

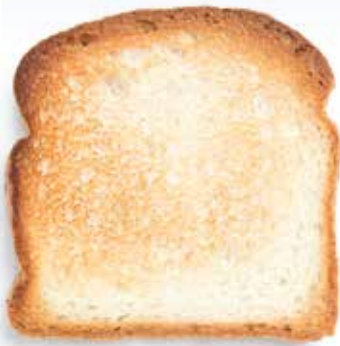


We get accolades for these, even from those who can eat gluten. Free from the Top 8 allergens and vegan too.

Graham & Chocolate Crumbs are the perfect pantry addition for making cookies and desserts.

There's no crispier, browns-better gluten-free Panko on the market. A seasonal favorite at Christmas and Easter, year-round for Mac 'n Cheese and au gratin dishes.

# FREEZER BREADS



Free from the Top 8 allergens, super soft, scrumptious and safe for anyone, including the vegan market. Our most popular, White and Multigrain, are a must in any freezer set dedicated to repeat purchasers.

## White Wide Loaf



### Nutrition Facts

about 15 servings per container  
Serving size 1 slice (41g)

Amount per serving			
<b>Calories 100</b>			
		% Daily Value*	
<b>Total Fat</b> 2g			<b>3%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 190mg			<b>8%</b>
<b>Total Carbohydrate</b> 20g			<b>7%</b>
Dietary Fiber 1g			<b>4%</b>
Total Sugars 2g			
Includes 2g Added Sugars			<b>4%</b>
<b>Protein</b> 1g			
Vitamin D 0mcg			<b>0%</b>
Calcium 20mg			<b>0%</b>
Iron 0.5mg			<b>2%</b>
Potassium 30mg			<b>0%</b>
Thiamin 0.13mg			<b>11%</b>
Riboflavin 0.1mg			<b>8%</b>
Niacin 1.4mg			<b>9%</b>
Folate 12µg DFE (7mcg folic acid)			<b>3%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Water, gluten-free flour blend (modified tapioca starch, potato starch†, rice flour, rice starch), cane sugar, canola oil† and/or sunflower oil, modified cellulose, psyllium, chia seeds, salt, quinoa, yeast, carrot fiber, cultured corn syrup solids†, citric acid, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid).

May contain: Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** KEEP FROZEN. For best results warm or toast before serving.



NET WT 21.7 OZ. 615g  
Pack: 6 per case  
Unit Dim.: 7.5"H 5"W 4.5"D  
Shelf Life: 240 days

**KEEP FROZEN**



## Seeded Wide Loaf



### Nutrition Facts

about 15 servings per container  
Serving size 1 slice (41g)

Amount per serving			
<b>Calories 110</b>			
		% Daily Value*	
<b>Total Fat</b> 2.5g			<b>3%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 190mg			<b>8%</b>
<b>Total Carbohydrate</b> 20g			<b>7%</b>
Dietary Fiber 2g			<b>7%</b>
Total Sugars 2g			
Includes 2g Added Sugars			<b>4%</b>
<b>Protein</b> 1g			
Vitamin D 0mcg			<b>0%</b>
Calcium 30mg			<b>2%</b>
Iron 0.8mg			<b>4%</b>
Potassium 50mg			<b>0%</b>
Thiamin 0.13mg			<b>11%</b>
Riboflavin 0.11mg			<b>8%</b>
Niacin 1.5mg			<b>9%</b>
Folate 12µg DFE (7mcg folic acid)			<b>3%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Water, gluten-free flour blend (modified tapioca starch, potato starch†, rice flour, rice starch, teff flour), cane sugar, canola oil† and/or sunflower oil, hemp seeds, chia seeds, modified cellulose, milled flaxseed, psyllium, salt, quinoa, flax seeds, yeast, carrot fiber, molasses†, cultured corn syrup solids†, citric acid, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid).

May contain: Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** KEEP FROZEN. For best results warm or toast before serving.



NET WT 21.7 OZ. 615g  
Pack: 6 per case  
Unit Dim.: 7.5"H 5"W 4.5"D  
Shelf Life: 240 days

**KEEP FROZEN**



## White



### Nutrition Facts

about 8 servings per container  
Serving size 2 slices (57g)

Amount per serving			
<b>Calories 140</b>			
		% Daily Value*	
<b>Total Fat</b> 2g			<b>3%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 270mg			<b>12%</b>
<b>Total Carbohydrate</b> 30g			<b>11%</b>
Dietary Fiber 1g			<b>4%</b>
Total Sugars 2g			
Includes 2g Added Sugars			<b>4%</b>
<b>Protein</b> 1g			
Vitamin D 0mcg			<b>0%</b>
Calcium 30mg			<b>2%</b>
Iron 0.7mg			<b>4%</b>
Potassium 30mg			<b>0%</b>
Thiamin 0.09mg			<b>8%</b>
Riboflavin 0.09mg			<b>6%</b>
Niacin 1.4mg			<b>8%</b>
Folate 25mcg (15 mcg folic acid)			<b>8%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Gluten-free flour blend (modified tapioca starch, potato starch†, white rice flour, brown rice flour, rice starch), water, canola oil† and/or sunflower oil, cane sugar, dextrose†, modified cellulose, psyllium, salt, yeast, vinegar, milled flaxseed, cultured corn syrup solids†, citric acid, vitamin and mineral blend (white rice flour, niacin, iron, thiamin, riboflavin, folic acid).

May contain: Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** KEEP FROZEN. For best results warm or toast before serving.



NET WT 16 OZ. 454g  
Pack: 6 per case  
Unit Dim.: 8.25"H 4"W 4.5"D  
Shelf Life: 240 days

**KEEP FROZEN**



## Multigrain



### Nutrition Facts

about 8 servings per container  
**Serving size 2 slices (57g)**

Amount per serving	
<b>Calories</b>	<b>150</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 60mg	0%
Thiamin 0.09mg	8%
Riboflavin 0.09mg	6%
Niacin 1.4mg	8%
Folate 30mcg (18 mcg folic acid)	<b>8%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Whole Grain



### Nutrition Facts

about 8 servings per container  
**Serving size 2 slices (63g)**

Amount per serving	
<b>Calories</b>	<b>160</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.8mg	4%
Potassium 60mg	0%
Thiamin 0.09mg	8%
Riboflavin 0.09mg	6%
Niacin 1.6mg	10%
Folate 35mcg (21 mcg folic acid)	<b>8%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Cinnamon Raisin



### Nutrition Facts

about 8 servings per container  
**Serving size 2 slices (70g)**

Amount per serving	
<b>Calories</b>	<b>170</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 8g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.1mg	6%
Potassium 150mg	4%
Thiamin 0.11mg	10%
Riboflavin 0.11mg	8%
Niacin 1.8mg	10%
Folate 40mcg (24 mcg folic acid)	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Best things in life are free from™

Produced in a dedicated facility **free from** gluten, wheat, dairy, peanuts, tree nuts and soy.

**Gluten-free has never tasted so good\***

**INGREDIENTS:** Water, gluten-free flour blend (modified tapioca starch, potato starch†, white rice flour, rice starch, brown rice flour, teff flour), canola oil†, cane sugar, dextrose†, sunflower seeds, quinoa, flax seeds, modified cellulose, psyllium, milled flaxseed, salt, yeast, vinegar, molasses†, cultured corn syrup solids†, citric acid, vitamin and mineral blend (white rice flour, niacin, iron, thiamin, riboflavin, folic acid).

May contain: Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** KEEP FROZEN. For best results warm or toast before serving.

**INGREDIENTS:** Gluten-free flour blend (modified tapioca starch, potato starch†, white rice flour, rice starch, brown rice flour, teff flour), water, canola oil† and/or sunflower oil, cane sugar, dextrose†, modified cellulose, psyllium, salt, yeast, vinegar, molasses†, milled flaxseed, cultured corn syrup solids†, citric acid, vitamin and mineral blend (white rice flour, niacin, iron, thiamin, riboflavin, folic acid).

May contain: Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** KEEP FROZEN. For best results warm or toast before serving.

**INGREDIENTS:** Water, gluten-free flour blend (modified tapioca starch, potato starch†, white rice flour, brown rice flour, rice starch), raisins, canola oil† and/or sunflower oil, cane sugar, dextrose†, modified cellulose, psyllium, salt, yeast, cinnamon, cultured corn syrup solids†, citric acid, milled flaxseed, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid).

May contain: Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** KEEP FROZEN. For best results warm or toast before serving.



NET WT 16 OZ. 454g

Pack: 6 per case

Unit Dim.: 8.25"H 4"W 4.5"D

Shelf Life: 240 days

**KEEP FROZEN**



NET WT 17.8 OZ. 504g

Pack: 6 per case

Unit Dim.: 8.25"H 4"W 4.5"D

Shelf Life: 240 days

**KEEP FROZEN**



NET WT 19.8 OZ. 560g

Pack: 6 per case

Unit Dim.: 8.25"H 4"W 4.5"D

Shelf Life: 240 days

**KEEP FROZEN**



# FREEZER BUNS & ROLLS



Ever-popular all year round, sales jump when everyone's filling up on road-trips, picnics, & eating outdoors. Make sure your shelves are stocked for hot summer sales.

## Hamburger Buns



### Nutrition Facts

about 4 servings per container  
Serving size **1 bun (61g)**

Amount per serving		% Daily Value*	
<b>Calories</b>	<b>150</b>		
<b>Total Fat</b> 2.5g		<b>3%</b>	
Saturated Fat 0g		<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 0mg		<b>0%</b>	
<b>Sodium</b> 290mg		<b>13%</b>	
<b>Total Carbohydrate</b> 32g		<b>12%</b>	
Dietary Fiber 2g		<b>7%</b>	
Total Sugars 3g			
Includes 3g Added Sugars		<b>6%</b>	
<b>Protein</b> 1g			
Vitamin D 0mcg		0%	
Calcium 30mg		2%	
Iron 0.8mg		4%	
Potassium 30mg		0%	
Thiamin 0.09mg		8%	
Riboflavin 0.09mg		6%	
Niacin 1.5mg		10%	
Folate 35mcg (21 mcg folic acid)		8%	

**INGREDIENTS:** Gluten-free flour blend (modified tapioca starch, potato starch†, white rice flour, brown rice flour, rice starch), water, dextrose†, canola oil† and/or sunflower oil, cane sugar, modified cellulose, psyllium, salt, yeast, vinegar, milled flaxseed, cultured corn syrup solids†, citric acid, vitamin and mineral blend (white rice flour, niacin, iron, thiamin, riboflavin, folic acid).

May contain: Egg

†Not a product of genetic engineering  
**INSTRUCTIONS:** KEEP FROZEN. For best results warm or toast before serving.



NET WT 8.6 OZ. 245g

Pack: 6 per case  
Unit Dim.: 7"H 4"W 4"D  
Shelf Life: 240 days

**KEEP FROZEN**



## Hotdog Buns



### Nutrition Facts

about 4 servings per container  
Serving size **1 bun (71g)**

Amount per serving		% Daily Value*	
<b>Calories</b>	<b>180</b>		
<b>Total Fat</b> 2.5g		<b>3%</b>	
Saturated Fat 0g		<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 0mg		<b>0%</b>	
<b>Sodium</b> 330mg		<b>14%</b>	
<b>Total Carbohydrate</b> 38g		<b>14%</b>	
Dietary Fiber 2g		<b>7%</b>	
Total Sugars 3g			
Includes 3g Added Sugars		<b>6%</b>	
<b>Protein</b> 1g			
Vitamin D 0mcg		0%	
Calcium 30mg		2%	
Iron 0.9mg		6%	
Potassium 40mg		0%	
Thiamin 0.11mg		10%	
Riboflavin 0.11mg		8%	
Niacin 1.8mg		10%	
Folate 40mcg (24 mcg folic acid)		10%	

**INGREDIENTS:** Gluten-free flour blend (modified tapioca starch, potato starch†, white rice flour, brown rice flour, rice starch), water, dextrose†, canola oil† and/or sunflower oil, cane sugar, modified cellulose, psyllium, salt, yeast, vinegar, milled flaxseed, cultured corn syrup solids†, citric acid, vitamin and mineral blend (white rice flour, niacin, iron, thiamin, riboflavin, folic acid).

May contain: Egg

†Not a product of genetic engineering  
**INSTRUCTIONS:** KEEP FROZEN. For best results warm or toast before serving.



NET WT 10 OZ. 285g

Pack: 6 per case  
Unit Dim.: 6"H 4"W 4"D  
Shelf Life: 240 days

**KEEP FROZEN**



## Artisan Dinner Rolls



### Nutrition Facts

about 6 servings per container  
Serving size **1 roll (49g)**

Amount per serving		% Daily Value*	
<b>Calories</b>	<b>130</b>		
<b>Total Fat</b> 2.5g		<b>3%</b>	
Saturated Fat 0g		<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 0mg		<b>0%</b>	
<b>Sodium</b> 240mg		<b>10%</b>	
<b>Total Carbohydrate</b> 26g		<b>9%</b>	
Dietary Fiber 2g		<b>7%</b>	
Total Sugars 3g			
Includes 2g Added Sugars		<b>4%</b>	
<b>Protein</b> 1g			
Vitamin D 0mcg		0%	
Calcium 20mg		2%	
Iron 1.9mg		1%	
Potassium 20mg		0%	
Thiamin 0.13mg		11%	
Riboflavin 0.08mg		6%	
Niacin 1mg		6%	
Folate 14mcg DFE (8mcg folic acid)		4%	

**INGREDIENTS:** Gluten-free flour blend (modified tapioca starch, potato starch†, white rice flour, brown rice flour, rice starch), water, canola oil†, cane sugar, modified cellulose, psyllium, salt, yeast, milled flaxseed, cultured corn syrup solids†, citric acid, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid), natural flavor.

May contain: Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** KEEP FROZEN. For best results thaw buns for 20 minutes on the counter.  
**Oven/Toaster Oven:** Preheat to 350°F. Bake for 5-7 minutes. Serve within 2-3 minutes.  
**Microwave:** Microwave on high for 10-15 seconds and serve immediately.  
**Caution:** Buns may be hot when they first come out of the oven or microwave.



NET WT 10.3 OZ. 294g

Pack: 6 per case  
Unit Dim.: 7.5"H 5"W 4.125"D  
Shelf Life: 240 days

**KEEP FROZEN**



Traditional English Muffins



Safe and Scrumptious  
since 1991

**Nutrition Facts**

about 6 servings per container  
Serving size 1 muffin (59g)

Amount per serving  
**Calories 150**

	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 110mg	2%
Thiamin 0.23mg	20%
Riboflavin 0.12mg	10%
Niacin 2mg	15%
Folate 30mcg	8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Water, gluten-free flour blend (rice flour, potato starch†, modified tapioca starch, rice starch, chickpea flour, modified corn starch), cane sugar, shortening (palm oil, modified palm oil), canola oil†, psyllium, yeast, sodium acid pyrophosphate, pea fiber, sodium bicarbonate, pea protein, cream of tartar, cultured corn syrup solids†, citric acid†, modified cellulose, salt, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid), natural flavor.

May contain: Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** KEEP FROZEN. For best results warm or toast before serving.



NET WT 12.5 OZ. 354g

Pack: 6 per case

Unit Dim.: 7.5"H 4.75"W 3.625"D

Shelf Life: 240 days

**KEEP FROZEN**



# FREEZER BAGELS



The only gluten-free bagel baked true to the New York style, boiled first, just like the real 'thing'. Chewy crusts outside, super soft inside - yet totally spreadable. Free from top 8 allergens, yet so full of flavor.

## Plain



Nutrition Facts	
4 servings per container	
<b>Serving size 1 bagel (86g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 42g	<b>15%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	4%
Potassium 46mg	1%
Thiamin 0.1mg	10%
Riboflavin 0.1mg	8%
Niacin 1.5mg	10%
Folate 23mcg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Water, white rice flour, potato starch†, tapioca starch, canola oil†, cellulose, corn starch†, fructose†, psyllium, shortening (palm oil, modified palm oil), modified cellulose, yeast, salt, cultured corn syrup solids†, citric acid, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid), enzymes.

**May contain:** Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** KEEP FROZEN. For best results warm or toast before serving.



NET WT 12.1 OZ. 344g  
Pack: 6 per case  
Unit Dim.: 7"H 4"W 4"D  
Shelf Life: 240 days

**KEEP FROZEN**

**Vegan**

## Cinnamon Raisin



Nutrition Facts	
4 servings per container	
<b>Serving size 1 bagel (88g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 47g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 8g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 1mg	6%
Potassium 141mg	2%
Thiamin 0.1mg	10%
Riboflavin 0.1mg	8%
Niacin 1.5mg	10%
Folate 16mcg	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Water, white rice flour, potato starch†, raisins, tapioca starch, canola oil†, cellulose, corn starch†, fructose†, psyllium, shortening (palm oil, modified palm oil), yeast, modified cellulose, cinnamon, salt, cultured corn syrup solids†, citric acid, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid), enzymes.

**May contain:** Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** KEEP FROZEN. For best results warm or toast before serving.



NET WT 12.4 OZ. 352g  
Pack: 6 per case  
Unit Dim.: 7"H 4"W 4"D  
Shelf Life: 240 days

**KEEP FROZEN**

**Vegan**

## Blueberry



Nutrition Facts	
4 servings per container	
<b>Serving size 1 bagel (86g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 47g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 3g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 1mg	6%
Potassium 62mg	2%
Thiamin 0.1mg	10%
Riboflavin 0.125mg	8%
Niacin 1.75mg	10%
Folate 18mcg	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Water, white rice flour, potato starch†, tapioca starch, blueberries, canola oil†, cellulose, corn starch†, fructose†, psyllium, shortening (palm oil, modified palm oil), natural flavor, yeast, modified cellulose, salt, cultured corn syrup solids†, citric acid, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid), enzymes.

**May contain:** Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** KEEP FROZEN. For best results warm or toast before serving.



NET WT 12.1 OZ. 344g  
Pack: 6 per case  
Unit Dim.: 7"H 4"W 4"D  
Shelf Life: 240 days

**KEEP FROZEN**

**Vegan**

# FREEZER DONUTS



North America's #1 top selling gluten-free donut. A must-have alongside muffins and waffles to complete the breakfast section—All perfect grab 'n go items too. Guaranteed to bring you customers as loyal to your store as they are to our brand.

## Powdered Sugar



Nutrition Facts	
about 6 servings per container	
Serving size 1 donut (50g)	
Amount per serving	
<b>Calories</b>	<b>220</b>
% Daily Value*	
<b>Total Fat</b> 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	
<b>Sodium</b> 220mg	
<b>Total Carbohydrate</b> 36g	13%
Dietary Fiber 1g	4%
<b>Total Sugars</b> 21g	
Includes 20g Added Sugars	40%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 13mg	1%
Iron 0.4mg	2%
Potassium 50mg	1%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Coming soon!**

**INGREDIENTS:** Rice flour, cane sugar, tapioca starch, dextrose†, shortening (palm oil, modified palm oil), whole eggs, water, oligofructose, pea protein, egg whites, yeast, leavening (sodium bicarbonate, sodium acid pyrophosphate, pea starch, mono calcium phosphate), xanthan gum†, salt, cellulose, glucono delta lactone, rice syrup, fruit juice, nutmeg.

†Not a product of genetic engineering

**INSTRUCTIONS:** Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste & texture for 10-15 seconds on high.

**CAUTION:** Icing may be hot after warming.



NET WT 10.6 OZ. 300g  
Pack: 8 per case  
Unit Dim.: 7.5"H 5"W 2.75"D  
Shelf Life: 240 days  
**KEEP FROZEN**

## Cookies & Cream



Nutrition Facts	
about 6 servings per container	
Serving size 1 donut (53g)	
Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 6.5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	
<b>Sodium</b> 210mg	
<b>Total Carbohydrate</b> 36g	13%
Dietary Fiber 1g	4%
<b>Total Sugars</b> 21g	
Includes 20g Added Sugars	40%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 13mg	1%
Iron 0.4mg	2%
Potassium 50mg	1%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Coming soon!**

**INGREDIENTS:** Cane sugar, sucrose\*, corn syrup†, white rice flour, tapioca starch, shortening (palm oil, modified palm oil), sweet rice flour, whole eggs, water, oligofructose, yeast, pea protein, egg whites, xanthan gum\*, salt, rice bran extract, rice syrup, fruit juice, cellulose, leavening (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), glucono delta lactone, sodium bicarbonate, natural flavor, caramel (color).

\*Not a product of genetic engineering

**INSTRUCTIONS:** Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste & texture for 10-15 seconds on high.

**CAUTION:** Icing may be hot after warming.



NET WT 11.3 OZ. 320g  
Pack: 8 per case  
Unit Dim.: 7.5"H 5"W 2.75"D  
Shelf Life: 240 days  
**KEEP FROZEN**

## Chocolate Dipped



Nutrition Facts	
about 6 servings per container	
Serving size 1 donut (53g)	
Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 190mg	8%
<b>Total Carbohydrate</b> 36g	13%
Dietary Fiber 1g	4%
<b>Total Sugars</b> 21g	
Includes 20g Added Sugars	40%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 13mg	1%
Iron 0.4mg	2%
Potassium 50mg	1%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cane sugar, sucrose†, corn syrup†, white rice flour, tapioca starch, shortening (palm oil, modified palm oil), sweet rice flour, whole eggs, water, oligofructose, yeast, pea protein, egg whites, xanthan gum†, salt, rice bran extract, rice syrup, fruit juice, cellulose, leavening (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), cocoa powder, glucono delta lactone, sodium bicarbonate, nutmeg.

†Not a product of genetic engineering

**INSTRUCTIONS:** Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste & texture for 10-15 seconds on high.

**CAUTION:** Icing may be hot after warming.



NET WT 11.3 OZ. 320g  
Pack: 8 per case  
Unit Dim.: 7.5"H 5"W 2.75"D  
Shelf Life: 240 days  
**KEEP FROZEN**



**Cinnamon Sugar**

**Vanilla Glazed**

**Maple Glazed**



**Coming soon!**

**Nutrition Facts**

about 6 servings per container  
**Serving size 1 donut (45g)**

Amount per serving	
<b>Calories</b>	<b>190</b>
% Daily Value*	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 13g	
Includes 13g Added Sugars	<b>26%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 13mg	1%
Iron 0.3mg	2%
Potassium 38mg	1%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Nutrition Facts**

about 6 servings per container  
**Serving size 1 donut (53g)**

Amount per serving	
<b>Calories</b>	<b>220</b>
% Daily Value*	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 21g	
Includes 20g Added Sugars	<b>40%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 11mg	1%
Iron 0.2mg	2%
Potassium 33mg	1%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Nutrition Facts**

about 6 servings per container  
**Serving size 1 donut (53g)**

Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 6.5g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 19g	
Includes 19g Added Sugars	<b>38%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 13mg	1%
Iron 0.2mg	2%
Potassium 39mg	1%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**INGREDIENTS:** Cane sugar, white rice flour, tapioca starch, shortening (palm oil, modified palm oil), sweet rice flour, whole eggs, water, oligofructose, yeast, pea protein, egg whites, xanthan gum†, salt, rice bran extract, rice syrup, fruit juice, cellulose, leavening [sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate], glucono delta lactone, cinnamon, sodium bicarbonate, nutmeg.  
 †Not a product of genetic engineering

**INSTRUCTIONS:** Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste & texture for 10-15 seconds on high.

**CAUTION:** Icing may be hot after warming.

**INGREDIENTS:** Cane sugar, sucrose†, corn syrup†, white rice flour, tapioca starch, shortening (palm oil, modified palm oil), sweet rice flour, whole eggs, water, oligofructose, yeast, pea protein, egg whites, xanthan gum†, salt, rice bran extract, rice syrup, fruit juice, cellulose, leavening [sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate], glucono delta lactone, sodium bicarbonate, nutmeg, natural flavor.  
 †Not a product of genetic engineering

**INSTRUCTIONS:** Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste & texture for 10-15 seconds on high.

**CAUTION:** Icing may be hot after warming.

**INGREDIENTS:** Cane sugar, sucrose†, corn syrup†, white rice flour, tapioca starch, shortening (palm oil, modified palm oil), sweet rice flour, whole eggs, water, oligofructose, yeast, pea protein, egg whites, xanthan gum†, salt, rice bran extract, rice syrup, fruit juice, cellulose, leavening [sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate], glucono delta lactone, sodium bicarbonate, natural flavor, caramel (color).  
 †Not a product of genetic engineering

**INSTRUCTIONS:** Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste & texture for 10-15 seconds on high.

**CAUTION:** Icing may be hot after warming.



NET WT 9.5 OZ. 270g  
 Pack: 8 per case  
 Unit Dim.: 7.5"H 5"W 2.75"D  
 Shelf Life: 240 days  
**KEEP FROZEN**



NET WT 11.3 OZ. 320g  
 Pack: 8 per case  
 Unit Dim.: 7.5"H 5"W 2.75"D  
 Shelf Life: 240 days  
**KEEP FROZEN**



NET WT 11.3 OZ. 320g  
 Pack: 8 per case  
 Unit Dim.: 7.5"H 5"W 2.75"D  
 Shelf Life: 240 days  
**KEEP FROZEN**

# FREEZER CRUSTS



We blush with all the compliments we get for our tender, super-flaky Pie Crusts everyone loves. So easy to use. People who don't know they're gluten-free can't tell the difference.

Same goes for our pizzas & flatbreads. Everyone loves the taste, texture and how well they hold all those favorite toppings.

## Pizza



### Nutrition Facts

4 servings per container  
Serving size 1/2 pizza crust (75g)

Amount per serving		% Daily Value*
<b>Calories</b>	<b>230</b>	
<b>Total Fat</b> 7g		<b>9%</b>
Saturated Fat 3.5g		<b>18%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 440mg		<b>19%</b>
<b>Total Carbohydrate</b> 39g		<b>14%</b>
Dietary Fiber 2g		<b>7%</b>
Total Sugars 3g		
Includes 3g Added Sugars		<b>6%</b>
<b>Protein</b> 3g		
Vitamin D 0mcg		0%
Calcium 20mg		2%
Iron 0.7mg		4%
Potassium 90mg		2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#### INGREDIENTS:

Water, white rice flour, potato starch†, sweet rice flour, pea starch, cane sugar, shortening (palm oil, modified palm oil), canola oil, chickpea flour, yeast, pea fiber, modified cellulose, salt, psyllium, baking soda, glucono delta lactone, sodium acid pyrophosphate, cultured corn syrup solids†, citric acid.

May contain: Egg  
†Not a product of genetic engineering



NET WT 10.6 OZ. 300g  
Pack: 6 per case  
Unit Dim.: 7.5"H 7"W 2.25"D  
Shelf Life: 240 days

**KEEP FROZEN**



## Flatbread



### Nutrition Facts

4 servings per container  
Serving size 1/2 flatbread (72g)

Amount per serving		% Daily Value*
<b>Calories</b>	<b>220</b>	
<b>Total Fat</b> 7g		<b>9%</b>
Saturated Fat 3g		<b>15%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 420mg		<b>18%</b>
<b>Total Carbohydrate</b> 37g		<b>13%</b>
Dietary Fiber 2g		<b>7%</b>
Total Sugars 3g		
Includes 3g Added Sugars		<b>6%</b>
<b>Protein</b> 3g		
Vitamin D 0mcg		0%
Calcium 20mg		2%
Iron 0.7mg		4%
Potassium 90mg		2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#### INGREDIENTS:

Water, white rice flour, potato starch†, shortening (palm oil, modified palm oil), sweet rice flour, yeast, cane sugar, pea starch, chickpea flour, pea fiber, modified cellulose, salt, psyllium, sodium bicarbonate, glucono delta lactone, sodium acid pyrophosphate, cultured corn syrup solids†, citric acid.

May contain: Egg  
†Not a product of genetic engineering



NET WT 10.2 OZ. 288g  
Pack: 6 per case  
Unit Dim.: 3"H 5"W 10"D  
Shelf Life: 365 days

**KEEP FROZEN**



## Pie



### Nutrition Facts

about 16 servings per container  
Serving size 1/8 crust (24g)

Amount per serving		% Daily Value*
<b>Calories</b>	<b>100</b>	
<b>Total Fat</b> 6g		<b>8%</b>
Saturated Fat 2.5g		<b>13%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 115mg		<b>5%</b>
<b>Total Carbohydrate</b> 12g		<b>4%</b>
Dietary Fiber 0g		<b>0%</b>
Total Sugars 1g		
Includes 1g Added Sugars		<b>2%</b>
<b>Protein</b> 1g		
Vitamin D 0mcg		0%
Calcium 0mg		0%
Iron 0mg		0%
Potassium 20mg		0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#### INGREDIENTS:

White rice flour, potato starch†, shortening (palm oil, modified palm oil), water, potato starch†, tapioca starch, cane sugar, chickpea flour, salt, xanthan gum†, modified cellulose

May contain: Egg  
†Not a product of genetic engineering



NET WT 13.75 OZ. 390g  
Pack: 6 per case  
Unit Dim.: 9.5"H 9.5"W 1.75"D  
Shelf Life: 240 days

**KEEP FROZEN**



**Tart Shells**



**Nutrition Facts**

Servings per container 12  
**Serving size 1 unbaked shell (20g)**

Amount per serving	
<b>Calories</b>	<b>80</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars less than 1g	
Includes less than 1g Added Sugars	<b>0%</b>
<b>Protein</b> less than 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1mg	0%
Potassium 10mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:**

Rice flour, shortening (palm oil, modified palm oil), water, potato starch†, tapioca starch, cane sugar, chickpea flour, salt, xanthan gum†, modified cellulose.

**May contain: Egg**

†Not a product of genetic engineering

**Safe and Scrumptious  
 since 1991**



NET WT 8.5 OZ. 240g  
 Pack: 8 per case  
 Unit Dim.: 2.87"H 3"W 6"D  
 Shelf Life: 365 days

**KEEP FROZEN**



# FREEZER MUFFINS



Individually wrapped, these muffins are the perfect size for grab 'n go breakfast, snacks or lunch boxes. From catering to camping, allergy-aware customers love these ever-popular flavors.



## Nutrition Facts

about 4 servings per container  
**Serving size 1 muffin (62g)**

Amount per serving		
<b>Calories 240</b>		% Daily Value*
<b>Total Fat</b> 11g		<b>14%</b>
Saturated Fat 3g		<b>15%</b>
Trans Fat 0g		
<b>Cholesterol</b> 55mg		<b>18%</b>
<b>Sodium</b> 180mg		<b>8%</b>
<b>Total Carbohydrate</b> 31g		<b>11%</b>
Dietary Fiber 2g		<b>7%</b>
Total Sugars 12g		
Includes 12g Added Sugars		<b>24%</b>
<b>Protein</b> 3g		
Vitamin D 0mcg		0%
Calcium 38mg		2%
Iron 1.4mg		8%
Potassium 62mg		2%
Thiamin 0.06mg		4%
Riboflavin 0.19mg		15%
Niacin 1.25mg		8%
Folate 10mcg		2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Whole eggs, cane sugar, white rice flour, chocolate chips [sugar, cocoa mass, cocoa butter, sunflower lecithin, natural flavor], water, canola oil†, pea starch, apple purée, shortening (palm oil, modified palm oil), tapioca syrup, leavening (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), corn starch, flax meal, cellulose, modified cellulose, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid), sunflower lecithin, enzymes, natural flavor.  
 †Not a product of genetic engineering

**INSTRUCTIONS:** Keep frozen. Thaw at room temperature or remove from packaging and warm in a microwave for 15-20 seconds. Enjoy!



NET WT 8.75 OZ. 248g  
 Pack: 6 per case  
 Unit Dim.: 6.75"H 6.75"W 2.375"D  
 Shelf Life: 365 days  
**KEEP FROZEN**



## Nutrition Facts

about 4 servings per container  
**Serving size 1 muffin (62g)**

Amount per serving		
<b>Calories 190</b>		% Daily Value*
<b>Total Fat</b> 6g		<b>8%</b>
Saturated Fat 1g		<b>5%</b>
Trans Fat 0g		
<b>Cholesterol</b> 50mg		<b>17%</b>
<b>Sodium</b> 180mg		<b>8%</b>
<b>Total Carbohydrate</b> 31g		<b>11%</b>
Dietary Fiber 1g		<b>4%</b>
Total Sugars 14g		
Includes 14g Added Sugars		<b>28%</b>
<b>Protein</b> 2g		
Vitamin D 0mcg		0%
Calcium 29mg		2%
Iron 0.6mg		4%
Potassium 38mg		0%
Thiamin 0.06mg		4%
Riboflavin 0.19mg		15%
Niacin 1.2mg		8%
Folate 10mcg		2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Whole eggs, cane sugar, blueberries, white rice flour, pea starch, water, canola oil†, glycerin, tapioca syrup, leavening (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), corn starch†, cellulose, modified cellulose, flax meal, natural flavor, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid), sunflower lecithin, enzymes.  
 †Not a product of genetic engineering

**INSTRUCTIONS:** Keep frozen. Thaw at room temperature or remove from packaging and warm in a microwave for 15-20 seconds. Enjoy!



NET WT 8.75 OZ. 248g  
 Pack: 6 per case  
 Unit Dim.: 6.75"H 6.75"W 2.375"D  
 Shelf Life: 365 days  
**KEEP FROZEN**



## Nutrition Facts

about 4 servings per container  
**Serving size 1 muffin (60g)**

Amount per serving		
<b>Calories 190</b>		% Daily Value*
<b>Total Fat</b> 7g		<b>9%</b>
Saturated Fat 1g		<b>5%</b>
Trans Fat 0g		
<b>Cholesterol</b> 45mg		<b>15%</b>
<b>Sodium</b> 170mg		<b>7%</b>
<b>Total Carbohydrate</b> 30g		<b>11%</b>
Dietary Fiber 2g		<b>7%</b>
Total Sugars 12g		
Includes 12g Added Sugars		<b>24%</b>
<b>Protein</b> 2g		
Vitamin D 0mcg		0%
Calcium 37mg		2%
Iron 0.85mg		4%
Potassium 87mg		2%
Thiamin 0.10mg		8%
Riboflavin 0.10mg		8%
Niacin 1.5mg		10%
Folate 10mcg		2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Whole eggs, brown sugar†, water, brown rice flour, canola oil†, pea starch, apple purée, quinoa flakes, glycerin, tapioca syrup, corn starch†, leavening (sodium acid pyrophosphate, sodium bicarbonate, pea starch, mono calcium phosphate), spices, flax meal, modified cellulose, salt, cellulose, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid), sunflower lecithin, enzymes, natural flavor.  
 †Not a product of genetic engineering

**INSTRUCTIONS:** Keep frozen. Thaw at room temperature or remove from packaging and warm in a microwave for 15-20 seconds. Enjoy!



NET WT 8.5 OZ. 240g  
 Pack: 6 per case  
 Unit Dim.: 6.75"H 6.75"W 2.375"D  
 Shelf Life: 365 days  
**KEEP FROZEN**

# FREEZER WAFFLES



With a chewy outside and fluffy middle, these gems have a wonderful moist texture and really pleasant taste.

We blindfold-tested this New & Improved recipe against the best-selling gluten-free frozen waffle and a massive 78% said they preferred our new recipe. Impressive numbers to boost your sales.

## Original Homestyle



### Nutrition Facts

3 servings per container  
Serving size 2 waffles (74g)

Amount per serving	
Calories	210
% Daily Value*	
<b>Total Fat</b> 7g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 410mg	18%
<b>Total Carbohydrate</b> 38g	14%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 5g Added Sugars	10%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.1mg	6%
Potassium 140mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.22mg	15%
Niacin 3.7mg	25%
Folate 50mcg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Water, brown rice flour, potato starch†, canola oil†, tapioca starch, cane sugar, white rice flour, cellulose, brown sugar†, corn starch†, chickpea flour, sodium bicarbonate, mono calcium phosphate, pea fiber, cream of tartar, sodium acid pyrophosphate, salt, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid), dextrose†, modified cellulose, natural flavor.

May contain: Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** Keep frozen until ready to heat. Heat waffles in toaster on lowest setting until crisp and warm.



NET WT 7.8 OZ. 222g  
Pack: 12 per case  
Unit Dim.: 4.4"H 9.25"W 2.25"D  
Shelf Life: 240 days

KEEP FROZEN



## Cinnamon Brown Sugar Homestyle



### Nutrition Facts

3 servings per container  
Serving size 2 waffles (74g)

Amount per serving	
Calories	210
% Daily Value*	
<b>Total Fat</b> 7g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 410mg	18%
<b>Total Carbohydrate</b> 38g	14%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 5g Added Sugars	10%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.1mg	6%
Potassium 140mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.22mg	15%
Niacin 3.7mg	25%
Folate 50mcg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Water, brown rice flour, potato starch†, canola oil†, tapioca starch, cane sugar, white rice flour, cellulose, brown sugar†, corn starch†, chickpea flour, sodium bicarbonate, mono calcium phosphate, pea fiber, cinnamon, cream of tartar, sodium acid pyrophosphate, salt, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid), dextrose†, modified cellulose, natural flavor.

May contain: Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** Keep frozen until ready to heat. Heat waffles in toaster on lowest setting until crisp and warm.



NET WT 7.8 OZ. 222g  
Pack: 12 per case  
Unit Dim.: 4.4"H 9.25"W 2.25"D  
Shelf Life: 240 days

KEEP FROZEN



## Blueberry Homestyle



### Nutrition Facts

3 servings per container  
Serving size 2 waffles (74g)

Amount per serving	
Calories	220
% Daily Value*	
<b>Total Fat</b> 7g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 410mg	18%
<b>Total Carbohydrate</b> 39g	14%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 6g Added Sugars	12%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.1mg	6%
Potassium 140mg	2%
Thiamin 0.29mg	24%
Riboflavin 0.22mg	17%
Niacin 3.6mg	23%
Folate 50mcg	13%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Water, brown rice flour, potato starch†, canola oil†, tapioca starch, cane sugar, white rice flour, cellulose, brown sugar†, corn starch†, chickpea flour, natural flavor, sodium bicarbonate, mono calcium phosphate, pea fiber, cream of tartar, sodium acid pyrophosphate, salt, vitamin and mineral blend (niacin, iron, thiamin, riboflavin, folic acid), dextrose†, modified cellulose.

May contain: Egg

†Not a product of genetic engineering

**INSTRUCTIONS:** Keep frozen until ready to heat. Heat waffles in toaster on lowest setting until crisp and warm.



NET WT 7.8 OZ. 222g  
Pack: 12 per case  
Unit Dim.: 4.4"H 9.25"W 2.25"D  
Shelf Life: 240 days

KEEP FROZEN





Safe and Scrumptious  
since 1991

Kinnikinnick Foods has been pioneering gluten-free and allergy-friendly foods since 1991. That's three decades of brand loyalty and some of the most popular baked goodies on the market.



Our owners, the Bigam family, eat gluten-free and understand first-hand the need for guaranteed safe and scrumptious baked goodies. It's trust that has customers always coming back for more.

15,000+ stores in the US and Canada stock our brand, based on a stellar reputation built over the years. We operate two dedicated free from top-allergens bakeries, 150,000 sq ft in total – that's a couple of the biggest gluten-free bakeries in the world. We have over 160 staff.

Our safety and supply chain protocols are the most stringent in the business. Our in-house lab tests guarantee all products are free from gluten, dairy, nuts, peanuts and soy. Those allergies cover ten to thirteen percent of the US population. A market that grows daily as allergies rise and those affected actively seek out our specific niche products.

We're proudly certified by the GFCP, BRC Global, OU Kosher and Snack Safely.

All products are free from GMO's.

Given the rise in vegetarian and vegan diets we recently added **VegeCert** to our list of endorsements; please look for the logo on select packaging.

We're also embracing trends to plant-based eating by inventing new products free from egg as well as reformulating popular lines with improved egg-free recipes. With four senior food scientists on our team, we've got a packed roster of innovation lined up in new products for the coming year.

And because our customers know we genuinely care about their health, we're one of the only companies to enrich our breads and buns with vitamins and minerals; as well as add fibre and protein whenever possible.

All in all, when you're looking for gluten-free bakery products, Kinnikinnick is your safest bet for guaranteed sales because we're the only brand that truly understands why, for those on restricted diets, the Best Things In Life Are Free From.

