

NUTRITIONAL FACTS

ETHEL'S BAKING CO.

Pecan Dandies

Pecan Dandy Single: Butter (sweet cream, salt), brown cane sugar, pecans, Ethel's Gluten-Free Flour Blend (brown rice flour, modified tapioca starch, potato starch, corn starch, corn flour, white rice flour, xanthan gum), honey, cane sugar, eggs, pure vanilla extract (water, alcohol, sugar, vanilla bean extractives), baking powder.

Contains: EGGS, MILK, TREE NUTS. Made in a facility with SOY. May contain pit or shell.

Nutrition Facts Servings: 2, **Serv. size: 1/2 Bar (34g),**

Amount per serving: **Calories 170**, **Total Fat** 12g (15% DV), Sat. Fat 5g (25% DV), *Trans* Fat 0g, **Cholest.** 25mg (8% DV), **Sodium** 75mg (3% DV), **Total Carb.** 16g (6% DV), Fiber <1g (4% DV), Total Sugars 11g (Incl. 10g Added Sugars, 20% DV), **Protein** 1g, Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (0% DV).

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Cinnamon Crumble Bars

Cinnamon Crumble Single: Butter (sweet cream, salt), Ethel's Gluten-Free Flour Blend (brown rice flour, gluten-free oat flour, gluten-free oats, modified tapioca starch, potato starch, corn starch, corn flour, white rice flour, xanthan gum, oat fiber), brown cane sugar, cane sugar, eggs, cinnamon, water, vanilla (water, alcohol, sugar, vanilla bean extractives), baking powder.

Contains: EGGS, MILK. Made in a facility with SOY, TREE NUTS.

Nutrition Facts Servings: 2, **Serv. size: 1/2 Bar (34g),**

Amount per serving: **Calories 160**, **Total Fat** 9g (12% DV), **Sat. Fat** 6g (30% DV), **Trans Fat** 0g, **Cholest.** 30mg (10% DV), **Sodium** 80mg (3% DV), **Total Carb.** 18g (7% DV), **Fiber** <1g (4% DV), **Total Sugars** 10g (Incl. 10g Added Sugars, 20% DV), **Protein** 1g, **Vit. D** (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV).

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Raspberry Crumble Bars

Raspberry Crumble Single: Raspberry jam (raspberries, cane sugar, fruit pectin), butter (sweet cream, salt), Ethel's Gluten Free Flour Blend (brown rice flour, gluten-free oat flour, modified tapioca starch, potato starch, corn starch, corn flour, white rice flour, oat fiber, xanthan gum, baking powder), cane sugar, eggs, gluten-free oats, brown cane sugar, water, vanilla (water, sugar, alcohol, vanilla bean extractives).

Contains EGGS, MILK. Made in a facility with SOY, TREE NUTS.

Nutrition Facts Servings: 2, **Serv. size: 1/2 Bar (34g),**

Amount per serving: **Calories 130**, **Total Fat** 6g (8% DV), Sat. Fat 3.5g (18% DV), *Trans* Fat 0g, **Cholest.** 20mg (7% DV), **Sodium** 55mg (2% DV), **Total Carb.** 18g (7% DV), Fiber <1g (4% DV), Total Sugars 10g (Incl. 10g Added Sugars, 20% DV), **Protein** 1g, Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (0% DV).