

Turtle Dandy Dessert Bars

NUTRITIONAL FACTS

Servings: 4, Serv. size: 1 Bar (42.5g), Amount per serving: Calories 210, Total Fat 15g (19% DV), Sat. Fat 7g (35% DV), Trans Fat 0g, Cholest. 30mg (10% DV), Sodium 90mg (4% DV), Total Carb. 21g (8% DV), Fiber 1g (4% DV), Total Sugars 14g (Incl. 11g Added Sugars, 22% DV), Protein 1g, Vit. D (0% DV), Calcium (0% DV), Iron (2% DV), Potas. (0% DV).

Ingredients:

Butter (sweet cream, salt), brown cane sugar, Ethel's Gluten Free Flour Blend (rice flour, tapioca starch, potato starch, xanthan gum, leavening agent [mono calcium phosphate, tapioca starch, sodium bicarbonate]), semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin or sunflower lecithin, vanilla), pecans, cane sugar, honey, eggs, water, vanilla extract (water, ethyl alcohol, extractives of vanilla beans).

aspberry Crumble Dessert Bars

Servings: 4, Serv. size: 1 Bar (42.5g), Amount per serving: Calories 170, Total Fat 7g (9% DV), Sat. Fat 4.5g (23% DV), Trans Fat 0g, Cholest. 25mg (8% DV), Sodium 175mg (3% DV), Total Carb. 24g (9% DV), Fiber 1g (4% DV), Total Sugars 15g (Incl. 14g Added Sugars, 28% DV), Protein 1g, Vit. D (0% DV), Calcium (0% DV), Iron (6% DV), Potas. (0% DV).

Ingredients:

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, LEAVENING AGENT [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE]), CANE SUGAR, EGGS, GLUTEN-FREE OATS, BROWN CANE SUGAR, WATER, VANILLA EXTRACT (WATER, ETHYL ALCOHOL, EXTRACTIVES OF VANILLA BEANS).

Pecan Dandy Dessert Bars

Nutrition Facts	
4 servings per container	
Serving size	1 Bar (43g)
Amount per serving	
Calories	220
% DV*	
Total Fat 16g	21%
Sat. Fat 7g	35%
<i>Trans Fat</i> 0g	
Cholest. 30mg	10%
Sodium 105mg	5%
Total Carb. 20g	7%
Fiber 1g	4%
Total Sugars 13g	
Includes 13g Added Sugars	26%
Protein 1g	
Vit. D 0.1mcg 0%	• Calcium 20mg 0%
Iron 0.4mg 2%	• Potas. 70mg 0%
*%DV = %Daily Value	

INGREDIENTS

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, WATER, VANILLA EXTRACT (WATER, ETHYL ALCOHOL, EXTRACTIVES OF VANILLA BEANS), LEAVENING AGENT (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE).

Lemon Crumble Bars

INGREDIENTS



Lemon jam (lemons, cane sugar, lemon juice concentrate, pectin), Ethel's Gluten Free Flour Blend (rice flour, gluten-free oat flour, tapioca starch, potato starch, oat fiber, xanthan gum, leavening agent [mono calcium phosphate, tapioca starch, sodium bicarbonate]), butter (sweet cream, salt), cane sugar, eggs, gluten-free oats, brown cane sugar, water, vanilla extract (water, ethyl alcohol, extractives of vanilla beans).

NUTRITIONAL FACTS



Servings: 4, Serv. size: 1 Bar (42.5g),

Amount per serving: Calories 170, Total Fat 8g (10% DV), Sat. Fat 4.5g (23% DV), Trans Fat 0g, Cholest. 25mg (8% DV), Sodium 80mg (3% DV), Total Carb. 424g (9% DV), Fiber 1g (4% DV), Total Sugars 14g (Incl. 14g Added Sugars, 28% DV), Protein 1g, Vit. D (0% DV), Calcium (0% DV), Iron (2% DV), Potas. (0% DV).