

# NUTRITIONAL FACTS

ETHEL'S BAKING Co.

## Turtle Dandy Dessert Bars

### Nutritional Info

#### Ingredients

Butter (sweet cream, salt), brown cane sugar, Ethel's Gluten-Free Flour Blend (brown rice flour, modified tapioca starch, potato starch, corn starch, corn flour, white rice flour, xanthan gum), semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), pecans, cane sugar, honey, eggs, pure vanilla extract (water, alcohol, sugar, vanilla bean extractives), baking powder.

#### Allergens

Contains EGGS, MILK, SOY, TREE NUTS.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1/2 Bar (47.5g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 8g	<b>40%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 15g	
Includes g of Added Sugars	
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 18mg	<b>0%</b>
Iron 1mg	<b>4%</b>
Potassium 80mg	<b>2%</b>
<small>*The % Daily Values (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice.</small>	

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## Pecan Dandy Dessert Bars

### Nutritional Info

#### 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, pure vanilla extract (water, alcohol, sugar, vanilla bean extractives), baking powder

#### Allergens

Contains **EGGS**, **TREE NUTS**, and **MILK**. Manufactured in a facility that also processes **SOY**.  
May contain a 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** 6g (20% DV), **Trans Fat** 0g, **Cholest.** 25mg (8% DV), **Sodium** 75mg (3% DV), **Total Carb.** 16g (6% DV), **Fiber** <1g (<1% 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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## Blondie Dessert Bars

### Nutritional Info

#### Ingredients

Brown cane sugar, Ethel's Gluten-Free Flour Blend (modified tapioca starch, brown rice flour, potato starch, corn starch, corn flour, white rice flour, xanthan gum), butter (sweet cream, salt), semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), eggs, pure vanilla extract (water, alcohol, sugar, vanilla bean extractives), salt, baking powder.

#### Allergens

Contains **EGGS, MILK, SOY**. Manufactured in a facility that also processes **TREE NUTS**.

<b>Nutrition Facts</b> Servings: 2, Serv. size: 1/2 Bar (34g), Amount per serving: <b>Calories 150</b> , <b>Total Fat</b> 7g (9% DV), <b>Sat. Fat</b> 4.5g (23% DV), <b>Trans Fat</b> 0g, <b>Cholest.</b> 25mg (8% DV), <b>Sodium</b> 65mg (3% DV), <b>Total Carb.</b> 30g (7% DV), <b>Fiber</b> 0g (0% DV), <b>Total Sugars</b> 13g (incl. 11g Added Sugar, 22% DV), <b>Protein</b> 1g, <b>Vit. D</b> 0% DV, <b>Calcium</b> 0% DV, <b>Iron</b> 0% DV, <b>Potas.</b> 0% DV.
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## Raspberry Crumble Dessert Bars

### Nutritional Info

#### 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, baking powder), cane sugar, eggs, gluten-free oats, brown cane sugar, water, vanilla (water, sugar, alcohol, vanilla bean extractives).

#### Allergens

Contains **EGGS, MILK**. Manufactured in a facility that also processes **SOY** and **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 (8% DV), **Trans Fat** 0g, **Cholesterol** 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).

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## Cinnamon Crumble Dessert Bars

### Nutritional Info

#### Ingredients

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.

#### Allergens

Contains **EGGS, MILK**. Manufactured in a facility that also processes **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.** 15g (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), **Potass.** (0% DV).