

American Quality Foods

Gluten Free Nutrition Information*

Updated: February 29, 2016

	Serving Size (prepared)	Servings	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV) †	Vitamin C (%DV) †	Calcium (%DV) †	Iron (%DV) †	Milk	Eggs	Tree Nuts	Wheat	Soy
Cake Mixes																						
Yellow Cake Mix	72g	16	140	10	1	0	0	0	190	32	1	15	1	0	0	2	2					
Chocolate Cake Mix	67g	16	140	10	1	0	0	0	260	30	2	17	2	0	0	2	8					
Brownie & Cookie Mixes																						
Fudge Brownie Mix	49g	24	110	0	0.5	0	0	0	125	26	2	19	1	0	0	0	8					
Chocolate Chip Cookie Mix	1oz.	24	90	15	1.5	1	0	0	120	19	1	10	1	0	0	0	4					•
Chocolate Cookie Mix	1oz.	24	80	0	0	0	0	0	135	18	1	12	1	0	0	0	4					
Sugar Cookie Mix	1oz.	24	60	0	0	0	0	0	85	15	0	7	0	0	0	0	0					
Oatmeal Cookie Mix	1oz.	24	80	5	0.5	0	0	0	110	18	1	7	2	0	0	0	4					
Muffin & Breakfast Mixes																						
Blueberry Muffin Mix	78g	12	150	0	0	0	0	0	190	37	1	21	1	0	0	2	2					
Cinnamon Crunch Muffin Mix	81g	12	190	0	0	0	0	0	180	46	1	27	1	0	0	2	2					
Pancake & Waffle Mix	40g	280	140	0	0	0	0	0	10	31	1	0	2	0	0	0	4					
Flour Blend																						
All Purpose Gluten Free Flour Blend	35g	128	120	0	0	0	0	0	420	27	1	5	2	0	0	2	0					

* Nutrition is for dry mix only. The actual nutritional values may vary from the values listed here due to variations in portion size(s), product preparation, and/or substitution of ingredients.

† Percentage Daily Values (DV) are based on 2,000 calorie diet.

Full nutritional facts and ingredients available at www.americanqualityfoods.com