

GLUTEN FREE GEM

Nutritional Information Fall 2017 Menu

Item	Servings Per Package	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Coffeecakes													
Cinnamon Swirl Coffeecake	1	132g	521	224	26g	13g	0g	100mg	289mg	71g	2g	41g	5g
Vegan Apple Cardamom Coffeecake	1	188g	548	156	17g	5g	17g	0mg	579mg	99g	1g	59g	0g
Muffin													
Gingerbread Muffin (Dairy Free)	1	153g	511	142	16g	1g	0g	0mg	609mg	91g	1g	45g	2g
Vegan Blueberry Muffin	1	181g	481	225	26g	2g	0g	0mg	629mg	61g	1g	11g	2g
Bars													
Cranberry Almond Pound Cake (Dairy Free)	1	185g	547	151	17g	4g	0g	69g	419mg	97g	3g	69g	5g
Banana Chocolate Chip Bar (Dairy Free)	1	139g	452	174	20g	4g	0g	47mg	431mg	71g	2g	37g	3g
Lemon Poppy Seed Pound Cake	1	130g	473	189	21g	13g	0g	122mg	350mg	68g	1g	41g	3g
Pumpkin Bar (Dairy Free)	1	153g	476	200	23g	2g	0g	47mg	667mg	68g	2g	34g	2g
Vegan Sunshine Bar	1	149g	431	155	18g	1g	0g	0mg	490mg	71g	6g	33g	1g
Vegan Pumpkin Bar	1	156g	426	127	15g	1g	0g	0mg	676mg	75g	2g	36g	1g
Brownie													
Double Chocolate Chunk Brownie	1	118g	478	218	24g	14g	0g	86mg	428mg	70g	4g	45g	4g
Vegan Caramel Brownie	1	126g	445	192	22g	10g	0g	0mg	350mg	69g	3g	41g	4g
Nut Bars													
Vegan Peanut Butter Power Bar	1	82g	397	175	19g	4g	0g	0mg	105mg	49g	5g	28g	10g
Cookies													
Chocolate Chip Cookie	1	69g	307	143	16g	9g	0g	63mg	186mg	42g	2g	25g	4g
Ginger Spice Cookie (Dairy Free)	1	72g	292	103	11g	3g	0g	23mg	336mg	44g	2	24g	4g
Vegan Double Chocolate Chunk Cookie	1	69g	294	136	15g	6g	0g	0mg	172mg	44g	2g	26g	3g
Vegan Oatmeal Raisin Cookie	1	70g	286	99	11g	3g	0g	0mg	241mg	45g	2g	24g	3g
Dessert Items													
Buckeye Bar	1	94g	468	275	32g	16g	0g	56mg	234mg	43g	2g	33g	6g
Tiramisu	2	154g	462	237	26g	14g	0g	131mg	304mg	54g	0g	37g	2g