

# What Can I Make with This Mix? / Nutrition Information

## All Purpose Flour Blend

Apple Crisp for Two  
 Banana Bread  
 Candied Cherry Cookies  
 Chocolate Chip Cookies  
 Chocolate Crinkle Cookies  
 Classic Sweet Crepes  
 Crescent Dinner Rolls  
 Crispy Almond Topping  
 Date & Pecan Bars  
 English Muffins  
 European Almond Cake  
 European Marzipan Roll  
 Fish & Chips  
 Fruit Crumble  
 Fudgy Brownies  
 Holiday Yule Log  
 Lemon Bars  
 Linzer Cookies  
 Peanut Butter Blossoms  
 Peanut Butter Cookies  
 Pecan Snowballs  
 Pumpkin Chocolate Chip Bread  
 Savory Whole Grain Crepes  
 Snacking Good Cake  
 Snickerdoodles  
 Soft Cloverleaf Dinner Rolls  
 Spicy Apple Muffins  
 Sponge Cake Roll  
 Spritz Cookies  
 Thumbprint Cookies  
 "Home" Waffles and Pancakes  
 Western Dried Fruits Cake

### Nutrition Facts

44 servings per container

**Serving size** 1/4 cup (31g)

**Amount per serving**

**Calories** **110**

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 26g **9%**

Dietary Fiber less than 1g **3%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 1g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0.4mg **2%**

Potassium 70mg **0%**

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Whole Grain Brown Rice Flour, Potato Starch, Whole Grain Sorghum Flour, Sweet White Rice Flour, Tapioca Starch, Potato Flour, Guar Gum.

This mix weighs 124 grams per cup.

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<b>Biscuit Mix</b>																																																			
<p>Berry Cobbler Biscuits &amp; Berry Shortcakes Buttermilk Biscuits Chicken &amp; Dumplings Cranberry Orange Scones Donut Puffs Onion Poppy Seed Biscuits – Dairy Free Raspberry Jam Coffee Cake Streusel Coffee Cake Yogurt Coconut Muffins</p> <p><b>Ingredients:</b> Cornstarch, Sweet White Rice Flour, Whole Grain Sorghum Flour, Sugar, Baking Powder (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt, Xanthan Gum, Baking Soda.</p> <p>This mix weighs 140 grams per cup.</p>	<table border="1"> <thead> <tr> <th colspan="2" style="text-align: center;"><b>Nutrition Facts</b></th> </tr> </thead> <tbody> <tr> <td colspan="2">about 27 servings per container</td> </tr> <tr> <td><b>Serving size</b></td> <td style="text-align: right;"><b>1/4 cup (35g)</b></td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td colspan="2" style="text-align: center;"><b>Amount per serving</b></td> </tr> <tr> <td><b>Calories</b></td> <td style="text-align: right;"><b>120</b></td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td colspan="2" style="text-align: right;"><b>% Daily Value*</b></td> </tr> <tr> <td><b>Total Fat</b> 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>    Saturated Fat 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>    <i>Trans</i> Fat 0g</td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 0mg</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Sodium</b> 520mg</td> <td style="text-align: right;"><b>23%</b></td> </tr> <tr> <td><b>Total Carbohydrate</b> 29g</td> <td style="text-align: right;"><b>11%</b></td> </tr> <tr> <td>    Dietary Fiber less than 1g</td> <td style="text-align: right;"><b>3%</b></td> </tr> <tr> <td>    Total Sugars 1g</td> <td></td> </tr> <tr> <td>        Includes 1g Added Sugars</td> <td style="text-align: right;"><b>2%</b></td> </tr> <tr> <td><b>Protein</b> 1g</td> <td></td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td>Vitamin D 0mcg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Calcium 20mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Iron 0.2mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Potassium 30mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td colspan="2">* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</td> </tr> </tbody> </table>	<b>Nutrition Facts</b>		about 27 servings per container		<b>Serving size</b>	<b>1/4 cup (35g)</b>	<hr/>		<b>Amount per serving</b>		<b>Calories</b>	<b>120</b>	<hr/>		<b>% Daily Value*</b>		<b>Total Fat</b> 0g	<b>0%</b>	Saturated Fat 0g	<b>0%</b>	<i>Trans</i> Fat 0g		<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Sodium</b> 520mg	<b>23%</b>	<b>Total Carbohydrate</b> 29g	<b>11%</b>	Dietary Fiber less than 1g	<b>3%</b>	Total Sugars 1g		Includes 1g Added Sugars	<b>2%</b>	<b>Protein</b> 1g		<hr/>		Vitamin D 0mcg	0%	Calcium 20mg	0%	Iron 0.2mg	0%	Potassium 30mg	0%	<hr/>		* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
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<b>Bread Mix</b>																																																			
<p>Café Bread</p> <p>Café Bread Variations &amp; Ideas     Dinner Rolls (many different kinds!)     Hamburger Buns     Hoagie Rolls     Cinnamon Raisin Bread     Rye-Flavored Bread</p> <p>Holiday Stollen Bread Rosemary Garlic Focaccia</p> <p><b>Ingredients:</b> Tapioca Starch, Cornstarch, Whole Grain Sorghum Flour, Whole Grain Millet Flour, Cane Sugar, Salt, Xanthan Gum.</p> <p>This mix weighs 116 grams per cup.</p>	<table border="1"> <thead> <tr> <th colspan="2" style="text-align: center;"><b>Nutrition Facts</b></th> </tr> </thead> <tbody> <tr> <td colspan="2">about 31 servings per container</td> </tr> <tr> <td><b>Serving size</b></td> <td style="text-align: right;"><b>1/4 cup (29g)</b></td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td colspan="2" style="text-align: center;"><b>Amount per serving</b></td> </tr> <tr> <td><b>Calories</b></td> <td style="text-align: right;"><b>100</b></td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td colspan="2" style="text-align: right;"><b>% Daily Value*</b></td> </tr> <tr> <td><b>Total Fat</b> 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>    Saturated Fat 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>    <i>Trans</i> Fat 0g</td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 0mg</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Sodium</b> 310mg</td> <td style="text-align: right;"><b>14%</b></td> </tr> <tr> <td><b>Total Carbohydrate</b> 24g</td> <td style="text-align: right;"><b>9%</b></td> </tr> <tr> <td>    Dietary Fiber 1g</td> <td style="text-align: right;"><b>4%</b></td> </tr> <tr> <td>    Total Sugars 2g</td> <td></td> </tr> <tr> <td>        Includes 2g Added Sugars</td> <td style="text-align: right;"><b>5%</b></td> </tr> <tr> <td><b>Protein</b> 1g</td> <td></td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td>Vitamin D 0mcg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Calcium 0mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Iron 0.3mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Potassium 50mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td colspan="2">* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</td> </tr> </tbody> </table>	<b>Nutrition Facts</b>		about 31 servings per container		<b>Serving size</b>	<b>1/4 cup (29g)</b>	<hr/>		<b>Amount per serving</b>		<b>Calories</b>	<b>100</b>	<hr/>		<b>% Daily Value*</b>		<b>Total Fat</b> 0g	<b>0%</b>	Saturated Fat 0g	<b>0%</b>	<i>Trans</i> Fat 0g		<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Sodium</b> 310mg	<b>14%</b>	<b>Total Carbohydrate</b> 24g	<b>9%</b>	Dietary Fiber 1g	<b>4%</b>	Total Sugars 2g		Includes 2g Added Sugars	<b>5%</b>	<b>Protein</b> 1g		<hr/>		Vitamin D 0mcg	0%	Calcium 0mg	0%	Iron 0.3mg	0%	Potassium 50mg	0%	<hr/>		* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
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<b>Chocolate Cake Mix</b>																																															
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<b>Cinnamon Roll Mix</b>																																															
<p>Cinnamon Roll Bread Pudding Cinnamon Rolls Cinnamon Sugar Monkey Bread Hawaiian Sweet Rolls Herbed Garlic Pull-Apart Loaf Maple Pecan Sticky Buns Pigs In a Blanket Savory Stuffed Buns Savory or Sweet Pinwheel Rolls</p> <p><b>Ingredients:</b> Whole Grain Brown Rice Flour, Potato Starch, Whole Grain Sorghum Flour, Cane Sugar, Sweet White Rice Flour, Tapioca Starch, Potato Flour, Salt, Xanthan Gum, Baking Powder (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Guar Gum.</p> <p>This mix weighs 135 grams per cup.</p>	<table border="1"> <thead> <tr> <th colspan="2" style="text-align: center;"><b>Nutrition Facts</b></th> </tr> </thead> <tbody> <tr> <td colspan="2">about 12 servings per container</td> </tr> <tr> <td><b>Serving size</b></td> <td style="text-align: right;">1/3 cup (45g)</td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td colspan="2"><b>Amount per serving</b></td> </tr> <tr> <td><b>Calories</b></td> <td style="text-align: right;"><b>160</b></td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td colspan="2" style="text-align: right;"><b>% Daily Value*</b></td> </tr> <tr> <td><b>Total Fat</b> 0.5g</td> <td style="text-align: right;"><b>1%</b></td> </tr> <tr> <td>Saturated Fat 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 0mg</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Sodium</b> 430mg</td> <td style="text-align: right;"><b>19%</b></td> </tr> <tr> <td><b>Total Carbohydrate</b> 37g</td> <td style="text-align: right;"><b>13%</b></td> </tr> <tr> <td>Dietary Fiber 2g</td> <td style="text-align: right;"><b>7%</b></td> </tr> <tr> <td>Total Sugars 4g</td> <td></td> </tr> <tr> <td>Includes 4g Added Sugars</td> <td style="text-align: right;"><b>8%</b></td> </tr> <tr> <td><b>Protein</b> 2g</td> <td></td> </tr> <tr> <td>Vitamin D 0mcg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Calcium 30mg</td> <td style="text-align: right;">2%</td> </tr> <tr> <td>Iron 0.7mg</td> <td style="text-align: right;">4%</td> </tr> <tr> <td>Potassium 100mg</td> <td style="text-align: right;">2%</td> </tr> <tr> <td colspan="2"> <small>* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> </td> </tr> </tbody> </table>	<b>Nutrition Facts</b>		about 12 servings per container		<b>Serving size</b>	1/3 cup (45g)	<hr/>		<b>Amount per serving</b>		<b>Calories</b>	<b>160</b>	<hr/>		<b>% Daily Value*</b>		<b>Total Fat</b> 0.5g	<b>1%</b>	Saturated Fat 0g	<b>0%</b>	Trans Fat 0g		<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Sodium</b> 430mg	<b>19%</b>	<b>Total Carbohydrate</b> 37g	<b>13%</b>	Dietary Fiber 2g	<b>7%</b>	Total Sugars 4g		Includes 4g Added Sugars	<b>8%</b>	<b>Protein</b> 2g		Vitamin D 0mcg	0%	Calcium 30mg	2%	Iron 0.7mg	4%	Potassium 100mg	2%	<small>* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
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# What Can I Make with This Mix? / Nutrition Information

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<p>Cornbread &amp; Cornbread Muffins Hush Puppies</p> <p><b>Ingredients:</b> Cornmeal, Cane Sugar, Corn Flour, Tapioca Starch, Potato Starch, Whole Grain Sorghum Flour, Salt, Xanthan Gum, Baking Powder (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Baking Soda.</p> <p>This mix weighs 145 grams per cup.</p>	<table border="1"> <thead> <tr> <th colspan="2" style="text-align: center;"><b>Nutrition Facts</b></th> </tr> </thead> <tbody> <tr> <td colspan="2">about 39 servings per container</td> </tr> <tr> <td><b>Serving size</b></td> <td style="text-align: right;"><b>2 tbsp (18g)</b></td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td colspan="2" style="text-align: center;"><b>Amount per serving</b></td> </tr> <tr> <td><b>Calories</b></td> <td style="text-align: right;"><b>60</b></td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td colspan="2" style="text-align: right;"><b>% Daily Value*</b></td> </tr> <tr> <td><b>Total Fat</b> 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>Saturated Fat 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 0mg</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Sodium</b> 160mg</td> <td style="text-align: right;"><b>7%</b></td> </tr> <tr> <td><b>Total Carbohydrate</b> 15g</td> <td style="text-align: right;"><b>5%</b></td> </tr> <tr> <td>Dietary Fiber 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>Total Sugars 3g</td> <td></td> </tr> <tr> <td>Includes 3g Added Sugars</td> <td style="text-align: right;"><b>6%</b></td> </tr> <tr> <td><b>Protein</b> less than 1g</td> <td></td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td>Vitamin D 0mcg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Calcium 10mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Iron 0.1mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Potassium 20mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td colspan="2">* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</td> </tr> </tbody> </table>	<b>Nutrition Facts</b>		about 39 servings per container		<b>Serving size</b>	<b>2 tbsp (18g)</b>	<hr/>		<b>Amount per serving</b>		<b>Calories</b>	<b>60</b>	<hr/>		<b>% Daily Value*</b>		<b>Total Fat</b> 0g	<b>0%</b>	Saturated Fat 0g	<b>0%</b>	Trans Fat 0g		<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Sodium</b> 160mg	<b>7%</b>	<b>Total Carbohydrate</b> 15g	<b>5%</b>	Dietary Fiber 0g	<b>0%</b>	Total Sugars 3g		Includes 3g Added Sugars	<b>6%</b>	<b>Protein</b> less than 1g		<hr/>		Vitamin D 0mcg	0%	Calcium 10mg	0%	Iron 0.1mg	0%	Potassium 20mg	0%	<hr/>		* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
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<b>Pancake &amp; Waffle Mix</b>																																																			
<p>Dutch Baby Pancake Funnel Cakes Vanilla Cake Donuts Waffles &amp; Pancakes (The Café's recipe!)</p> <p><b>Ingredients:</b> Cane Sugar, Tapioca Starch, Potato Starch, Whole Grain Sorghum Flour, Baking Powder (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt, Xanthan Gum.</p> <p>This mix weighs 160 grams per cup.</p>	<table border="1"> <thead> <tr> <th colspan="2" style="text-align: center;"><b>Nutrition Facts</b></th> </tr> </thead> <tbody> <tr> <td colspan="2">25 servings per container</td> </tr> <tr> <td><b>Serving size</b></td> <td style="text-align: right;"><b>1/4 cup (40g)</b></td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td colspan="2" style="text-align: center;"><b>Amount per serving</b></td> </tr> <tr> <td><b>Calories</b></td> <td style="text-align: right;"><b>140</b></td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td colspan="2" style="text-align: right;"><b>% Daily Value*</b></td> </tr> <tr> <td><b>Total Fat</b> 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>Saturated Fat 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 0mg</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td><b>Sodium</b> 240mg</td> <td style="text-align: right;"><b>10%</b></td> </tr> <tr> <td><b>Total Carbohydrate</b> 35g</td> <td style="text-align: right;"><b>13%</b></td> </tr> <tr> <td>Dietary Fiber &lt;1g</td> <td style="text-align: right;"><b>2%</b></td> </tr> <tr> <td>Total Sugars 12g</td> <td></td> </tr> <tr> <td>Includes 12g Added Sugars</td> <td style="text-align: right;"><b>23%</b></td> </tr> <tr> <td><b>Protein</b> &lt;1g</td> <td></td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td>Vitamin D 0mcg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Calcium 20mg</td> <td style="text-align: right;">2%</td> </tr> <tr> <td>Iron 0.2mg</td> <td style="text-align: right;">2%</td> </tr> <tr> <td>Potassium 40mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td colspan="2">* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</td> </tr> </tbody> </table>	<b>Nutrition Facts</b>		25 servings per container		<b>Serving size</b>	<b>1/4 cup (40g)</b>	<hr/>		<b>Amount per serving</b>		<b>Calories</b>	<b>140</b>	<hr/>		<b>% Daily Value*</b>		<b>Total Fat</b> 0g	<b>0%</b>	Saturated Fat 0g	<b>0%</b>	Trans Fat 0g		<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Sodium</b> 240mg	<b>10%</b>	<b>Total Carbohydrate</b> 35g	<b>13%</b>	Dietary Fiber <1g	<b>2%</b>	Total Sugars 12g		Includes 12g Added Sugars	<b>23%</b>	<b>Protein</b> <1g		<hr/>		Vitamin D 0mcg	0%	Calcium 20mg	2%	Iron 0.2mg	2%	Potassium 40mg	0%	<hr/>		* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
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## Pie Crust Mix

Chicken Pot Pie  
 Fruit Galettes  
 Pie & Pastry Dough  
 Pie Dough Variations & Ideas  
     Blossom Pie Cups  
     Chuck Wagon Pies  
     Hand Pies  
     Pop Tarts  
     Skillet Apple Pie  
 Tomato & Basil Tarts

**Ingredients:** White Rice Flour, Whole Grain Brown Rice Flour, Potato Starch, Tapioca Starch, Cane Sugar, Salt, Guar Gum.

This mix weighs 144 grams per cup.

### Nutrition Facts

about 57 servings per container  
**Serving size** 1 1/2 tbsp (14g)

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**Amount per serving**  
**Calories** **50**

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**% Daily Value\***

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> less than 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1mg	0%
Potassium 20mg	0%

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## Yellow Cake Mix

Blondies  
 Carrot Cupcakes  
 Crushed Pineapple Upside Down Cake  
 Dutch Oven Peach Cobbler, Camping Style  
 Lemon Poppy Seed Cake  
 Peach Dump Cake  
 Toasted Pecan Coffee Cake  
 Whoopie Pies  
 Yellow Cake & Cupcakes

**Ingredients:** Cane Sugar, Sweet White Rice Flour, White Rice Flour, Potato Starch, Tapioca Starch, Baking Powder (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt, Xanthan Gum.

This mix weighs 192 grams per cup.

### Nutrition Facts

18 servings per container  
**Serving size** 1/4 cup (48g)

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**Amount per serving**  
**Calories** **170**

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**% Daily Value\***

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 42g	<b>15%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 19g	
Includes 19g Added Sugars	<b>39%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0mg	0%
Potassium 30mg	0%

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