

Elliotts

SUN-UP FLAPJACK

Nutrition Facts	
Serving Size 2 flapjacks (123g)	
Amount Per Serving	
Calories 270	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 510mg	21%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 7g	
Vitamin A 2%	• Vitamin C 0%
Calcium 15%	• Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Sun-Up Flapjacks:

Brown rice flour, white rice flour, cultured buttermilk, natural almond meal (may appear as brown flecks), tapioca starch, sweet rice flour, potato starch, grainless and aluminum-free baking powder (sodium bicarbonate, sodium acid pyrophosphate, potato starch), baking soda, sea salt, xanthan gum.

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PRAIRIE SCONES

Without Fruit

Nutrition Facts	
Serving Size 1 scone (62g)	
Servings Per Container varies	
Amount Per Serving	
Calories 220	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 190mg	8%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 4g	
Vitamin A 6%	• Vitamin C 0%
Calcium 6%	• Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Prairie Scones:

Bleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid. Sugar. Baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch and monocalcium phosphate). Salt.

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Buckaroo Brownies

Nutrition Facts	
Serving Size 1 brownie (30g)	
Servings Per Container 40	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 75mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Buckaroo Brownies:

Ingredients: Powdered sugar (sugar, cornstarch). Bleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid. Cocoa processed with alkali. All-vegetable shortening (soybean oil, fully hydrogenated palm oil, palm oil, mono and diglycerides, TBHQ and citric acid (antioxidants)). Semi-sweet chocolate chips (semi-sweet chocolate, sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin, artificial flavoring, milk). Semi-sweet chocolate chunks (semi-sweet chocolate (sugar, unsweetened chocolate, cocoa butter, dextrose) soya lecithin). Salt. Vanilla powder (dextrose and Madagascar vanilla bean extractives). Baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch and monocalcium phosphate).