

Molly B's

GLUTEN FREE KITCHEN™

From Our Family To Yours

A superb selection of seven gluten free, wheat free flours for breads, cakes & muffins, cookies, pie crusts and waffles & pancakes, buckwheat crepes and nutritious crepes, lovingly prepared using only the highest quality ingredients without artificial flavourings, colourings, additives or preservatives.

It's What Gluten Free Should Be!™

Enjoy!



GLUTEN FREE



WHEAT FREE



VEGETARIAN



DAIRY FREE



CORN FREE



Bread Flour

Item#MB924

Ingredients: White rice flour, potato starch, tapioca starch, sea salt.



Nutrition Facts		Valeur nutritive	
Per 500 g / par 500 g			
Servings Per Container 5			
Portions par contenant 5			
Amount	% Daily Value		
Teneur	% valeur quotidienne		
Calories / Calories 1770			
Fat / Lipides 5 g	8 %		
Saturated / saturés 1.5 g	7 %		
+ Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 1750 mg	73 %		
Carbohydrate / Glucides 403 g	134 %		
Fibre / Fibres 8 g	34 %		
Sugars / Sucres 0 g			
Protein / Protéines 21 g			
Vitamin A / Vitamine A	0 %		
Vitamin C / Vitamine C	0 %		
Calcium / Calcium	4 %		
Iron / Fer	8 %		

Belgian Waffle & Pancake

Item#MB914

Ingredients: Sorghum flour, potato starch, tapioca starch, sea salt, xanthan gum.



Nutrition Facts		Valeur nutritive	
Per 100 g / par 100 g			
Servings Per Container 5			
5 portions par emballage			
Amount	% Daily Value		
Teneur	% valeur quotidienne		
Calories / Calories 320			
Fat / Lipides 2 g	3 %		
Saturated / saturés 0.3 g	1 %		
+ Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 390 mg	16 %		
Carbohydrate / Glucides 73 g	24 %		
Fibre / Fibres 4 g	15 %		
Sugars / Sucres 0 g			
Protein / Protéines 7 g			
Vitamin A / Vitamine A	0 %		
Vitamin C / Vitamine C	0 %		
Calcium / Calcium	2 %		
Iron / Fer	20 %		

Ultimate Pie Crust Flour

Item#MB923

Ingredients: White rice flour, tapioca flour, xanthan gum.



Nutrition Facts		Valeur nutritive	
Per 100 g / par 100 g			
Servings Per Container 5			
Portions par contenant 5			
Amount	% Daily Value		
Teneur	% valeur quotidienne		
Calories / Calories 360			
Fat / Lipides 1 g	2 %		
Saturated / saturés 0.3 g	1 %		
+ Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 15 mg	1 %		
Carbohydrate / Glucides 81 g	27 %		
Fibre / Fibres 3 g	12 %		
Sugars / Sucres 0 g			
Protein / Protéines 4 g			
Vitamin A / Vitamine A	0 %		
Vitamin C / Vitamine C	0 %		
Calcium / Calcium	0 %		
Iron / Fer	2 %		

Nutritious Crepe Flour

Item#MB911

Ingredients: Sorghum flour, potato starch, tapioca starch, sea salt.



Nutrition Facts		Valeur nutritive	
Per 100 g / par 100 g			
Servings Per Container 5			
Portions par contenant 5			
Amount	% Daily Value		
Teneur	% valeur quotidienne		
Calories / Calories 330			
Fat / Lipides 2 g	3 %		
Saturated / saturés 0.3 g	1 %		
+ Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 430 mg	18 %		
Carbohydrate / Glucides 77 g	26 %		
Fibre / Fibres 4 g	16 %		
Sugars / Sucres 0 g			
Protein / Protéines 7 g			
Vitamin A / Vitamine A	0 %		
Vitamin C / Vitamine C	0 %		
Calcium / Calcium	2 %		
Iron / Fer	20 %		

Cookie Flour

Item#MB922

Ingredients: White rice flour, sorghum flour, tapioca starch, xanthan gum.



Nutrition Facts		Valeur nutritive	
Per 100 g / par 100 g			
Servings Per Container 1			
Portions par contenant 1			
Amount	% Daily Value		
Teneur	% valeur quotidienne		
Calories / Calories 360			
Fat / Lipides 1.5 g	2 %		
Saturated / saturés 0.3 g	2 %		
+ Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 15 mg	1 %		
Carbohydrate / Glucides 81 g	27 %		
Fibre / Fibres 3 g	14 %		
Sugars / Sucres 0 g			
Protein / Protéines 5 g			
Vitamin A / Vitamine A	0 %		
Vitamin C / Vitamine C	0 %		
Calcium / Calcium	0 %		
Iron / Fer	6 %		

Buckwheat Crepe Flour

Item#MB910

Ingredients: Buckwheat flour, sorghum flour.



Nutrition Facts		Valeur nutritive	
Per 100 g / par 100 g			
Servings Per Container 30			
Portions par contenant 30			
Amount	% Daily Value		
Teneur	% valeur quotidienne		
Calories / Calories 340			
Fat / Lipides 3 g	5 %		
Saturated / saturés 0.5 g	3 %		
+ Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 10 mg	0 %		
Carbohydrate / Glucides 71 g	24 %		
Fibre / Fibres 9 g	38 %		
Sugars / Sucres 2 g			
Protein / Protéines 12 g			
Vitamin A / Vitamine A	0 %		
Vitamin C / Vitamine C	0 %		
Calcium / Calcium	4 %		
Iron / Fer	30 %		

Cake & Muffin Flour

Item#MB906

Ingredients: White rice flour, sorghum flour, tapioca starch, xanthan gum.



Nutrition Facts		Valeur nutritive	
Per 100 g / par 100 g			
Servings Per Container 5			
Portions par contenant 5			
Amount	% Daily Value		
Teneur	% valeur quotidienne		
Calories / Calories 350			
Fat / Lipides 1.5 g	2 %		
Saturated / saturés 0.3 g	2 %		
+ Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 15 mg	1 %		
Carbohydrate / Glucides 80 g	27 %		
Fibre / Fibres 4 g	16 %		
Sugars / Sucres 0 g			
Protein / Protéines 6 g			
Vitamin A / Vitamine A	0 %		
Vitamin C / Vitamine C	0 %		
Calcium / Calcium	2 %		
Iron / Fer	8 %		



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