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Nutritional Facts & Ingredient Information

Banana Toffee Scone

Nutrition Facts		
Serving Size 1 Banana Toffee Scone		
Serving Per Container 1		
Amount Per Serving		
Calories	298	Calories from Fat 107
		% Daily Values*
Total Fat	11.99g	18%
Saturated Fat	7.3g	37%
Trans Fat	0g	
Cholesterol	8mg	3%
Sodium	311mg	13%
Total Carbohydrate	43.46g	14%
Dietary Fiber	1.42g	6%
Sugars	19.54g	
Protein	4.08g	8%
* Percent Daily Values are based on a 2,000 calorie diet.		

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Bananas, Skor Bits (Sugar, butter, chopped almonds, milk, milk chocolate [milk chocolate contains: sugar, milk ingredients, cocoa butter, unsweetened chocolate, lactose, soy lecithin, artificial flavour), salt] Sugar, Eggs, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

Apple Caramel Scone

Nutrition Facts		
Serving Size 1 Apple Caramel Scone		
Serving Per Container 1		
Amount Per Serving		
Calories	389	Calories from Fat 118
% Daily Values*		
Total Fat	13.18g	20%
Saturated Fat	8.47g	42%
Trans Fat	0g	
Polyunsaturated Fat	0.82g	
Monounsaturated Fat	2.42g	
Cholesterol	7mg	2%
Sodium	321mg	13%
Total Carbohydrate	62.44g	21%
Dietary Fiber	1.38g	6%
Sugars	33.91g	
Protein	4.41g	9%
* Percent Daily Values are based on a 2,000 calorie diet.		

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Caramel Bits (Sugar, Corn Syrup, Liquid Sugar, Skim Milk, Palm Oil, Butter (Cream, Salt), Salt, Mono- and Diglycerides, Soy Lecithin), Sugar, Brown Sugar, Eggs, Cinnamon, Corn Starch, Baking Powder (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

Bacon, Cheddar & Chive Scone

Nutrition Facts		
Serving Size 1 Bacon Cheddar Chive		
Serving Per Container 1		
Amount Per Serving		
Calories	365	Calories from Fat 198
% Daily Values*		
Total Fat	22.1g	34%
Saturated Fat	12.7g	64%
Trans Fat	0g	
Polyunsaturated Fat	0.82g	
Monounsaturated Fat	2.42g	
Cholesterol	100mg	33%
Sodium	431mg	18%
Total Carbohydrate	24.58g	8%
Dietary Fiber	0.83g	3%
Sugars	0.46g	
Protein	12.34g	25%
* Percent Daily Values are based on a 2,000 calorie diet.		

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Cheddar Cheese, Bacon, Heavy Cream, Eggs, Sour Cream, Chives, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

Blueberry Scone

Nutrition Facts		
Serving Size 1 Blueberry Lemon Scone		
Serving Per Container 1		
Amount Per Serving		
Calories 298		Calories from Fat 98
% Daily Values*		
Total Fat	10.98g	17%
Saturated Fat	7.02g	35%
Trans Fat	0g	
Cholesterol	9mg	3%
Sodium	273mg	11%
Total Carbohydrate	43.7g	15%
Dietary Fiber	1.57g	6%
Sugars	21.42g	
Protein	4.4g	9%
* Percent Daily Values are based on a 2,000 calorie diet.		

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Dried Blueberries, Sour Cream, Heavy Cream, Sugar, Eggs, Lemon Juice, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Lemon Zest, Salt.

Buffalo Chicken Scone

Nutrition Facts	
Serving Size 1 Buffalo Chicken Scone	
Serving Per Container 1	
Amount Per Serving	
Calories 284	Calories from Fat 141
% Daily Values*	
Total Fat 15.72g	24%
Saturated Fat 10.22g	51%
Trans Fat 0g	
Cholesterol 83mg	28%
Sodium 997mg	42%
Total Carbohydrate 43.7g	15%
Dietary Fiber 0.65g	3%
Sugars 0.27g	
Protein 10.49g	21%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Frank's Red Hot Sauce, Sour Cream, Heavy Cream, Eggs, Chicken Breast, Blue Cheese, Lemon Juice, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), salt.

Cranberry Orange Scone

Nutrition Facts	
Serving Size 1 Cranberry Orange Scone	
Serving Per Container 1	
Amount Per Serving	
Calories 311	Calories from Fat 76
% Daily Values*	
Total Fat 8.53g	13%
Saturated Fat 5.29g	26%
Trans Fat 0g	
Sodium 264mg	11%
Total Carbohydrate 55.29g	18%
Dietary Fiber 2.02g	8%
Sugars 30.51g	
Protein 4g	8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Dried Cranberries, Orange Juice, Sugar, Eggs, Orange Zest, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), salt.

Cappuccino Scone

Nutrition Facts			
Serving Size 1 Cappuccino Scone			
Servings Per Container 1			
Amount Per Serving			
Calories 421		Calories from Fat 180	
			% Daily Values*
Total Fat	20.07g		31%
Saturated Fat	12.3g		62%
Trans Fat	0g		
Polyunsaturated Fat	1.05g		
Monounsaturated Fat	4.05g		
Cholesterol	9mg		3%
Sodium	374mg		16%
Total Carbohydrate	56.32g		19%
Dietary Fiber	0.92g		4%
Sugars	24.13g		
Protein	6.78g		14%
* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Heavy Cream, Sugar, Eggs, Coffee, Cappuccino Chips (Sugar, Chocolate, Cocoa Butter, Milk Fat, Soy Lectithinm Vanillin, Milk), Espresso, Baking Powder (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

Cinnamon Roll Scone

Nutrition Facts			
Serving Size 1 Cinnamon Roll Scone			
Servings Per Container 1			
Amount Per Serving			
Calories 419		Calories from Fat 192	
		% Daily Values*	
Total Fat 21.42g		33%	
Saturated Fat 13.91g		70%	
Trans Fat 0g			
Polyunsaturated Fat 1.34g			
Monounsaturated Fat 6.16g			
Cholesterol 32mg		11%	
Potassium 14mg		0%	
Sodium 377mg		16%	
Total Carbohydrate 56.32g		19%	
Dietary Fiber 1.15g		5%	
Sugars 17.96g			
Protein 5.65g		11%	
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Heavy Cream, Sugar, Eggs, Cinnamon, Baking Powder (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

Diablo Scone

Nutrition Facts			
Serving Size 1 Diablo Scone			
Servings Per Container 1			
Amount Per Serving			
Calories 303		Calories from Fat 143	
		% Daily Values*	
Total Fat	21.42g		33%
Saturated Fat	10.19g		51%
Trans Fat	0g		
Polyunsaturated Fat	1.11g		
Monounsaturated Fat	4.62g		
Cholesterol	87mg		29%
Potassium	17mg		0%
Sodium	458mg		19%
Total Carbohydrate	56.32g		19%
Dietary Fiber	1.15g		5%
Sugars	0.55g		
Protein	7.27g		15%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Heavy Cream, Eggs, Distilled Vinegar, Habanero Peppers, Jalapeno Peppers, Serrano Peppers, Thai peppers, Pimento Peppers, Baking Powder (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Caraway Seeds, Salt.

Italian Scone

Nutrition Facts			
Serving Size 1 Italian Scone			
Servings Per Container 1			
Amount Per Serving			
Calories 354		Calories from Fat 175	
		% Daily Values*	
Total Fat	19.54g		30%
Saturated Fat	10.14g		51%
Trans Fat	0g		
Polyunsaturated Fat	1.2g		
Monounsaturated Fat	4.41g		
Cholesterol	83mg		28%
Potassium	17mg		0%
Sodium	458mg		19%
Total Carbohydrate	40.61g		14%
Dietary Fiber	3.59g		14%
Sugars	3.58g		
Protein	9.95g		20%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Heavy Cream, Eggs, Kalamata Olives, Artichokes, Sun-dried Tomatoes, Pesto (contains pine nuts), Parmesan Cheese, Garlic, Baking Powder (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

Maple Pumpkin

Nutrition Facts			
Serving Size 1 Maple Pumpkin Scone			
Servings Per Container 1			
Amount Per Serving			
Calories 370		Calories from Fat 127	
% Daily Values*			
Total Fat 14.18g		22%	
Saturated Fat 9.01g		45%	
Trans Fat 0g			
Polyunsaturated Fat 1.1g			
Monounsaturated Fat 4.07g			
Cholesterol 6mg		2%	
Potassium 11mg		0%	
Sodium 461mg		19%	
Total Carbohydrate 52.83g		18%	
Dietary Fiber 1.44g		6%	
Sugars 19.21g			
Protein 6.06g		12%	
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients:Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Pumpkin Puree, Heavy Cream, Eggs, Maple Syrup, Sugar, Cinnamon, Nutmeg, Pumpkin Spice, Baking Powder (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

Kalamata Rosemary Scone

Nutrition Facts			
Serving Size 1 Kalamata Scone			
Servings Per Container 1			
Amount Per Serving			
Calories 353		Calories from Fat 19.79	
		% Daily Values*	
Total Fat	19.54g		30%
Saturated Fat	10.52g		53%
Trans Fat	0g		
Polyunsaturated Fat	1.2g		
Monounsaturated Fat	4.76g		
Cholesterol	94mg		31%
Potassium	11mg		0%
Sodium	605mg		25%
Total Carbohydrate	34.84g		12%
Dietary Fiber	1.11g		4%
Sugars	0.28g		
Protein	9.95g		20%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients:Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Kalamata Olives, Heavy Cream, Eggs, Rosemary, Garlic, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

Mushroom Swiss Scone

Nutrition Facts			
Serving Size 1 Mushroom Swiss Scone			
Servings Per Container 1			
Amount Per Serving			
Calories 398		Calories from Fat 195	
		% Daily Values*	
Total Fat 21.72g		33%	
Saturated Fat 14.13g		71%	
Trans Fat 0g			
Polyunsaturated Fat 1.39g			
Monounsaturated Fat 6.2g			
Cholesterol 112mg		37%	
Potassium 11mg		0%	
Sodium 461mg		19%	
Total Carbohydrate 34.29g		11%	
Dietary Fiber 1.02g		4%	
Sugars 0.6g			
Protein 12.65g		25%	
* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Swiss Cheese, Button Mushrooms, Cremini Mushrooms, Heavy Cream, Eggs, Thyme, Garlic, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

Fig & Goat Cheese Scone

Nutrition Facts		
Serving Size 1 Fig Goat Cheese Scone		
Serving Per Container 1		
Amount Per Serving		
Calories	356	Calories from Fat 139
% Daily Values*		
Total Fat	15.46g	24%
Saturated Fat	9.59g	48%
Trans Fat	0g	
Polyunsaturated Fat	0.82g	
Monounsaturated Fat	2.42g	
Cholesterol	25mg	8%
Sodium	340mg	14%
Total Carbohydrate	45.31g	15%
Dietary Fiber	2.99g	12%
Sugars	21.03g	
Protein	7.28g	15%
* Percent Daily Values are based on a 2,000 calorie diet.		

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Goat Cheese, Dried Figs, Heavy Cream, Raw Sugar, Eggs, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Vanilla, Salt.

Lemon Poppy Scone

Nutrition Facts		
Serving Size 1 Lemon Poppy Scone		
Serving Per Container 1		
Amount Per Serving		
Calories	380	Calories from Fat 129
% Daily Values*		
Total Fat	14.34g	22%
Saturated Fat	8.93g	45%
Trans Fat	0g	
Polyunsaturated Fat	0.82g	
Monounsaturated Fat	2.42g	
Cholesterol	8mg	3%
Sodium	363mg	15%
Total Carbohydrate	55.71g	19%
Dietary Fiber	1.25g	5%
Sugars	27.14g	
Protein	5.57g	11%
* Percent Daily Values are based on a 2,000 calorie diet.		

Ingredients:Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Sour Cream, Eggs, Lemon Juice, Lemon Zest, Poppy Seeds, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

Mixed Berry Scone

Nutrition Facts		
Serving Size 1 Mixed Berry Scone		
Serving Per Container 1		
Amount Per Serving		
Calories 278	Calories from Fat 105	
% Daily Values*		
Total Fat 11.75g		18%
Saturated Fat 7.47g		37%
Trans Fat 0g		
Polyunsaturated Fat 0.82g		
Monounsaturated Fat 2.42g		
Cholesterol 13mg		4%
Sodium 266mg		11%
Total Carbohydrate 37.32g		12%
Dietary Fiber 1.39g		6%
Sugars 15.23g		
Protein 4.1g		8%
* Percent Daily Values are based on a 2,000 calorie diet.		

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Blueberries, Rapberries, Blackberries, Sugar, Heavy Cream, Eggs, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Strawberry Extract, Raspberry Extract, Salt.

Triple Chocolate Scone

Nutrition Facts		
Serving Size 1 Triple Chocolate Scone		
Serving Per Container 1		
Amount Per Serving		
Calories 416	Calories from Fat 171	
% Daily Values*		
Total Fat 19.04g		29%
Saturated Fat 12.45g		62%
Trans Fat 0g		
Polyunsaturated Fat 0.82g		
Monounsaturated Fat 2.42g		
Cholesterol 14mg		5%
Sodium 431mg		18%
Total Carbohydrate 57.74g		19%
Dietary Fiber 0.97g		4%
Sugars 35.34g		
Protein 6.21g		12%
* Percent Daily Values are based on a 2,000 calorie diet.		

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Cocoa, Sugar, Semi-Sweet Chocolate Chips, Milk Chocolate Chips, White Chocolate Chips, Hershey M&M Milk Chocolate Candy, Heavy Cream, Eggs, Baking Powder (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Baking Soda, Salt.

Caramelized Onion Swiss Scone

Nutrition Facts

Serving Size 1 Onion and Swiss Scone
Servings Per Container 1

Amount Per Serving	
Calories 376	Calories from Fat 182
% Daily Values*	
Total Fat 20.31g	31%
Saturated Fat 13.15g	66%
Trans Fat 0g	
Polyunsaturated Fat 1.32g	
Monounsaturated Fat 5.84g	
Cholesterol 106mg	35%
Potassium 60mg	2%
Sodium 438mg	18%
Total Carbohydrate 34.53g	12%
Dietary Fiber 1.24g	5%
Sugars 1.67g	
Protein 10.64g	21%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Swiss Cheese, Vidalia Onions, Heavy Cream, Eggs, Thyme, Garlic, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

Caramel Biscoff Scone

Nutrition Facts			
Serving Size 1 Caramel Biscoff Scone			
Servings Per Container 1			
Amount Per Serving			
Calories 469		Calories from Fat 212	
		% Daily Values*	
Total Fat	23.62g		36%
Saturated Fat	13g		65%
Trans Fat	0g		
Polyunsaturated Fat	1.3g		
Monounsaturated Fat	5.73g		
Cholesterol	27mg		9%
Potassium	15mg		0%
Sodium	444mg		19%
Total Carbohydrate	54.91g		18%
Dietary Fiber	1.02g		4%
Sugars	19.42g		
Protein	6.77g		14%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Wheat Flour, Vegetable Oil, Brown Sugar, Soy Flour, Sugar, Heavy Cream, Eggs, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt Cinnamon.

Pear and Brie Scone

Nutrition Facts			
Serving Size 1 Pear and Brie Scone			
Servings Per Container 1			
Amount Per Serving			
Calories 389		Calories from Fat 160	
		% Daily Values*	
Total Fat 17.8g			27%
Saturated Fat 11.44g			57%
Trans Fat 0g			
Polyunsaturated Fat 1.16g			
Monounsaturated Fat 5.2g			
Cholesterol 24mg			8%
Potassium 58mg			2%
Sodium 462mg			19%
Total Carbohydrate 46.7g			16%
Dietary Fiber 1.69g			7%
Sugars 15.52g			
Protein 8.65g			17%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Flour, Butter [Sweet Cream (Milk), Pears, Brie Cheese (Milk, cheese cultures, salt, enzymes), Sugar, Heavy Cream, Eggs, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Pear Extract, Salt.

Vanilla Bean Scone

Nutrition Facts			
Serving Size 1 Vanilla Bean Scone			
Servings Per Container 1			
Amount Per Serving			
Calories 397		Calories from Fat 171	
		% Daily Values*	
Total Fat	19.05g		29%
Saturated Fat	12.22g		61%
Trans Fat	0g		
Polyunsaturated Fat	1.28g		
Monounsaturated Fat	5.56g		
Cholesterol	13mg		4%
Potassium	15mg		0%
Sodium	402mg		17%
Total Carbohydrate	47.03g		16%
Dietary Fiber	0.98g		4%
Sugars	15.34g		
Protein	6.02g		12%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Flour, Butter [Sweet Cream (Milk), Sugar, Heavy Cream, Eggs, Vanilla, Vanilla Bean Paste,Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

Spinach & Feta Scone

Nutrition Facts			
Serving Size 1 Spinach Feta Scone			
Servings Per Container 1			
Amount Per Serving			
Calories 367		Calories from Fat 173	
		% Daily Values*	
Total Fat	19.29g		30%
Saturated Fat	12.61g		63%
Trans Fat	0g		
Polyunsaturated Fat	1.34g		
Monounsaturated Fat	5.34g		
Cholesterol	31mg		10%
Potassium	85mg		2%
Sodium	631mg		26%
Total Carbohydrate	35.91g		12%
Dietary Fiber	1.6g		6%
Sugars	1.07g		
Protein	9.67g		19%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Spinach, Feta Cheese, Heavy Cream, Eggs, Garlic, Lemon Juice, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

S'Mores Scone

Nutrition Facts			
Serving Size 1 S'Mores Scone			
Servings Per Container 1			
Amount Per Serving			
Calories 385		Calories from Fat 145	
		% Daily Values*	
Total Fat	16.19g		25%
Saturated Fat	9.93g		50%
Trans Fat	0g		
Polyunsaturated Fat	0.86g		
Monounsaturated Fat	3.35g		
Cholesterol	13mg		4%
Potassium	9mg		0%
Sodium	287mg		12%
Total Carbohydrate	57.26g		19%
Dietary Fiber	0.7g		3%
Sugars	29.08g		
Protein	5.36g		11%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Flour, Butter [Sweet Cream (Milk), Sugar, Marshmallows, Graham Crackers, Semi-Sweet Chocolate Chips, Heavy Cream, Eggs, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Vanilla, Salt.

Raspberry White Chocolate Scone

Nutrition Facts			
Serving Size 1 Raspberry White Chocolate Scone			
Servings Per Container 1			
Amount Per Serving			
Calories 405		Calories from Fat 176	
		% Daily Values*	
Total Fat 19.57g		30%	
Saturated Fat 12.92g		65%	
Trans Fat 0g			
Polyunsaturated Fat 1.09g			
Monounsaturated Fat 4.68g			
Cholesterol 31mg		10%	
Potassium 29mg		1%	
Sodium 351mg		15%	
Total Carbohydrate 50.76g		17%	
Dietary Fiber 1.52g		6%	
Sugars 23.38g			
Protein 6.06g		12%	
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Flour, Butter [Sweet Cream (Milk), Sugar, Heavy Cream, Raspberries, White Chocolate Chips, Eggs, Vanilla, Vanilla Bean Paste, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Raspberry Extract, Salt.

Pecan Pie Scone

Nutrition Facts

Serving Size 1 Pecan Pie Scone

Servings Per Container 1

Amount Per Serving

Calories 488

Calories from Fat 171

% Daily Values*

Total Fat 22.47g **35%**

Saturated Fat 9.54g **48%**

Trans Fat 0g

Polyunsaturated Fat 3.58g

Monounsaturated Fat 9.35g

Cholesterol 31mg **10%**

Potassium 11mg **0%**

Sodium 371mg **15%**

Total Carbohydrate 62.6g **21%**

Dietary Fiber 1.99g **8%**

Sugars 26.98g

Protein 7.03g **14%**

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Flour, Butter [Sweet Cream (Milk), Sugar, Heavy Cream, Eggs, Pecans, Corn Syrup, Maple Syrup, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Vanilla, Salt.

Lemon Poppy GF Scone

Nutrition Facts			
Serving Size 1 Lemon Poppy GF			
Servings Per Container 1			
Amount Per Serving			
Calories 357		Calories from Fat 121	
% Daily Values*			
Total Fat 13.55g		21%	
Saturated Fat 8.41g		42%	
Trans Fat 0g			
Polyunsaturated Fat 1.14g			
Monounsaturated Fat 4g			
Cholesterol 91mg		30%	
Potassium 52mg		1%	
Sodium 552mg		23%	
Total Carbohydrate 50.11g		17%	
Dietary Fiber 0.33g		1%	
Sugars 19.47g			
Protein 5.91g		12%	
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Gluten Free Flour (Cornstarch, White Rice Flout, Brown Rice Flour, Milk Powder, Tapioca Flour, Potato Starch, Xanthan Gum), Butter [Sweet Cream (Milk), Natural Flavoring], Sour Cream, Eggs, Lemon Juice, Lemon Zest, Poppy Seeds, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

Apple Caramel GF Scone

Nutrition Facts			
Serving Size 1 Lemon Poppy GF			
Servings Per Container 1			
Amount Per Serving			
Calories 357		Calories from Fat 121	
		% Daily Values*	
Total Fat 13.55g			21%
Saturated Fat 8.41g			42%
Trans Fat 0g			
Polyunsaturated Fat 1.14g			
Monounsaturated Fat 4g			
Cholesterol 91mg			30%
Potassium 52mg			1%
Sodium 552mg			23%
Total Carbohydrate 50.11g			17%
Dietary Fiber 0.33g			1%
Sugars 19.47g			
Protein 5.91g			12%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Gluten Free Flour (Cornstarch, White Rice Flout, Brown Rice Flour, Milk Powder, Tapioca Flour, Potato Starch, Xanthan Gum), Butter [Sweet Cream (Milk), Natural Flavoring], Caramel Bits (Sugar, Corn Syrup, Liquid Sugar, Skim Milk, Palm Oil, Butter (Cream, Salt), Salt, Mono- and Diglycerides, Soy Lecithin), Sugar, Brown Sugar, Eggs, Cinnamon, Corn Starch, Baking Powder (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

Blueberry GF Scone

Nutrition Facts			
Serving Size 1 Blueberry GF			
Servings Per Container 1			
Amount Per Serving			
Calories 391		Calories from Fat 173	
% Daily Values*			
Total Fat 19.33g		30%	
Saturated Fat 12.44g		62%	
Trans Fat 0g			
Polyunsaturated Fat 1.06g			
Monounsaturated Fat 5.83g			
Cholesterol 125mg		42%	
Potassium 56mg		2%	
Sodium 561mg		23%	
Total Carbohydrate 63.02g		21%	
Dietary Fiber 0.01g		0%	
Sugars 13.75g			
Protein 6.22g		12%	
* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Gluten Free Flour (Cornstarch, White Rice Flout, Brown Rice Flour, Milk Powder, Tapioca Flour, Potato Starch, Xanthan Gum), Butter [Sweet Cream (Milk), Natural Flavoring], Dried Blueberries, Sour Cream, Heavy Cream, Sugar, Eggs, Lemon Juice, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Lemon Zest, Salt.

Fig & Goat Cheese GF Scone

Nutrition Facts			
Serving Size 1 Fig with Goat Cheese GF			
Servings Per Container 1			
Amount Per Serving			
Calories 419		Calories from Fat 175	
		% Daily Values*	
Total Fat 19.45g		30%	
Saturated Fat 12.28g		61%	
Trans Fat 0g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 5.19g			
Cholesterol 110mg		37%	
Potassium 127mg		4%	
Sodium 552mg		23%	
Total Carbohydrate 63.02g		21%	
Dietary Fiber 1.48g		6%	
Sugars 13.75g			
Protein 6.85g		14%	
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Gluten Free Flour (Cornstarch, White Rice Flout, Brown Rice Flour, Milk Powder, Tapioca Flour, Potato Starch, Xanthan Gum), Butter [Sweet Cream (Milk), Natural Flavoring], Goat Cheese, Dried Figs, Heavy Cream, Raw Sugar, Eggs, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Vanilla, Salt.

Mixed Berry GF Scone

Nutrition Facts			
Serving Size 1 Mixed Berry GF			
Servings Per Container 1			
Amount Per Serving			
Calories 399		Calories from Fat 159	
		% Daily Values*	
Total Fat	17.68g		27%
Saturated Fat	11.31g		57%
Trans Fat	0g		
Polyunsaturated Fat	0.99g		
Monounsaturated Fat	5.5g		
Cholesterol	110mg		37%
Potassium	22mg		1%
Sodium	561mg		23%
Total Carbohydrate	63.02g		21%
Dietary Fiber	0.8g		3%
Sugars	20.83g		
Protein	5.24g		10%
* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Gluten Free Flour (Cornstarch, White Rice Flout, Brown Rice Flour, Milk Powder, Tapioca Flour, Potato Starch, Xanthan Gum), Butter [Sweet Cream (Milk), Natural Flavoring], Blueberries, Raspberries, Blackberries, Sugar, Heavy Cream, Eggs, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Strawberry Extract, Raspberry Extract, Salt.

Raspberry White Chocolate GF Scone

Nutrition Facts			
Serving Size 1 Raspberry White Chocolate Scone			
Servings Per Container 1			
Amount Per Serving			
Calories 405		Calories from Fat 176	
		% Daily Values*	
Total Fat	19.57g		30%
Saturated Fat	12.92g		65%
Trans Fat	0g		
Polyunsaturated Fat	1.09g		
Monounsaturated Fat	4.68g		
Cholesterol	31mg		10%
Potassium	29mg		1%
Sodium	351mg		15%
Total Carbohydrate	50.76g		17%
Dietary Fiber	1.52g		6%
Sugars	23.38g		
Protein	6.06g		12%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Gluten Free Flour (Cornstarch, White Rice Flout, Brown Rice Flour, Milk Powder, Tapioca Flour, Potato Starch, Xanthan Gum), Butter [Sweet Cream (Milk), Sugar, Heavy Cream, Raspberries, White Chocolate Chips, Eggs, Vanilla, Vanilla Bean Paste, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Raspberry Extract, Salt.

Cranberry Orange GF Scone

Nutrition Facts			
Serving Size 1 Cranberry Orange GF Scone			
Servings Per Container 1			
Amount Per Serving			
Calories 395		Calories from Fat 116	
		% Daily Values*	
Total Fat	12.89g		20%
Saturated Fat	8.13g		41%
Trans Fat	0g		
Polyunsaturated Fat	0.92g		
Monounsaturated Fat	3.85g		
Cholesterol	102mg		34%
Potassium	62mg		2%
Sodium	556mg		23%
Total Carbohydrate	63.31g		21%
Dietary Fiber	1.06g		4%
Sugars	30.98g		
Protein	4.97g		10%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Gluten Free Flour (Cornstarch, White Rice Flout, Brown Rice Flour, Milk Powder, Tapioca Flour, Potato Starch, Xanthan Gum), Butter [Sweet Cream (Milk), Natural Flavoring], Dried Cranberries, Orange Juice, Sugar, Eggs, Orange Zest, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), salt.

Banana Toffee GF Scone

Nutrition Facts			
Serving Size 1 Banana Toffee GF Scone			
Servings Per Container 1			
Amount Per Serving			
Calories 420		Calories from Fat 139	
		% Daily Values*	
Total Fat	15.48g		24%
Saturated Fat	9.4g		47%
Trans Fat	0g		
Polyunsaturated Fat	0.72g		
Monounsaturated Fat	3.05g		
Cholesterol	98mg		33%
Potassium	263mg		8%
Sodium	556mg		23%
Total Carbohydrate	64.03g		21%
Dietary Fiber	1.85g		7%
Sugars	30.36g		
Protein	5.01g		10%
* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Gluten Free Flour (Cornstarch, White Rice Flout, Brown Rice Flour, Milk Powder, Tapioca Flour, Potato Starch, Xanthan Gum), Butter [Sweet Cream (Milk), Natural Flavoring], Bananas, Skor Bits (Sugar, butter, chopped almonds, milk, milk chocolate [milk chocolate contains: sugar, milk ingredients, cocoa butter, unsweetened chocolate, lactose, soy lecithin, artificial flavour], salt] Sugar, Eggs, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

Jalapeno, Green Olive & Cheddar Scone

Nutrition Facts			
Serving Size 1 Jalapeno, Green Olive and Cheddar			
Servings Per Container 1			
Amount Per Serving			
Calories 369		Calories from Fat 186	
		% Daily Values*	
Total Fat	20.77g		32%
Saturated Fat	13.15g		66%
Trans Fat	0g		
Polyunsaturated Fat	1.27g		
Monounsaturated Fat	6.35g		
Cholesterol	98mg		33%
Potassium	28mg		1%
Sodium	650mg		27%
Total Carbohydrate	30.22g		10%
Dietary Fiber	1.21g		5%
Sugars	0.55g		
Protein	12g		24%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Flour, Butter [Sweet Cream (Milk), Natural Flavoring], Heavy Cream, Eggs, Cheddar Cheese, Jack Cheese, Jalapenos, Green Olives, White Distilled Vinegar, Baking Powder(cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

Maple Pumpkin GF Scone

Nutrition Facts			
Serving Size 1 Maple Pumpkin GF Scone			
Servings Per Container 1			
Amount Per Serving			
Calories 367		Calories from Fat 127	
		% Daily Values*	
Total Fat 14.19g		22%	
Saturated Fat 9.23g		46%	
Trans Fat 0g			
Polyunsaturated Fat 0.77g			
Monounsaturated Fat 4.19g			
Cholesterol 87mg		29%	
Potassium 58mg		2%	
Sodium 596mg		25%	
Total Carbohydrate 53.19g		18%	
Dietary Fiber 0.74g		3%	
Sugars 22.39g			
Protein 3.36g		7%	
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Gluten Free Flour (Cornstarch, White Rice Flout, Brown Rice Flour, Milk Powder, Tapioca Flour, Potato Starch, Xanthan Gum), Butter [Sweet Cream (Milk), Natural Flavoring], Butter [Sweet Cream (Milk), Natural Flavoring], Pumpkin Puree, Heavy Cream, Eggs, Maple Syrup, Sugar, Cinnamon, Nutmeg, Pumpkin Spice, Baking Powder (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Salt.

Cup 4 Cup Gluten Free Flour



INGREDIENTS

Cornstarch
White Rice Flour
Brown Rice Flour
Milk Powder
Tapioca Flour
Potato Starch
Xanthan Gum

Nutrition Facts

Serving Size $\frac{1}{4}$ cup (32g)
Servings per container about 42.5

Amount per serving

Calories 120 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 26g **9%**

Dietary Fiber 0g **0%**

Sugar 1g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • 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	
Sat 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	

Chocolate Chocolate Chip GF Scone

Nutrition Facts	
Serving Size 1 Chocolate Chocolate Chip GF	
Servings Per Container 1	
Amount Per Serving	
Calories 464	Calories from Fat 191
% Daily Values*	
Total Fat 21.32g	33%
Saturated Fat 13.68g	68%
Trans Fat 0g	
Polyunsaturated Fat 0.92g	
Monounsaturated Fat 5.18g	
Cholesterol 110mg	37%
Potassium 37mg	1%
Sodium 633mg	26%
Total Carbohydrate 63.02g	21%
Dietary Fiber 1.45g	6%
Sugars 36.87g	
Protein 5.74g	11%
*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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Ingredients: Gluten Free Flour (Cornstarch, White Rice Flout, Brown Rice Flour, Milk Powder, Tapioca Flour, Potato Starch, Xanthan Gum),Butter [Sweet Cream (Milk), Natural Flavoring], Cocoa, Brown Sugar, Sugar, Semi-Sweet Chocolate Chips, Milk Chocolate Chips, Heavy Cream, Eggs, Baking Powder (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), Baking Soda, Salt.