



# CERTIFIED GLUTEN FREE DESSERTS



## GF Ind NY Cheesecake

### Nutrition Facts Valeur nutritive

Per 120 g / par 120 g

#### Amount Per Serving / Teneur par portion

**Calories / Calories** 310  
Calories from fat / Calories des lipides 160  
Calories from Saturated + Trans 90  
Calories des lipides saturés et trans 90

#### % Daily Value / % valeur quotidienne

|                                  |        |             |
|----------------------------------|--------|-------------|
| <b>Fat / Lipides</b>             | 19 g   | <b>29 %</b> |
| Saturated / saturés              | 10 g   | <b>52 %</b> |
| + Trans / trans                  | 0.2 g  |             |
| <b>Cholesterol / Cholestérol</b> | 130 mg |             |
| <b>Sodium / Sodium</b>           | 140 mg | <b>6 %</b>  |
| <b>Carbohydrate / Glucides</b>   | 33 g   | <b>11 %</b> |
| Fibre / Fibres                   | 3 g    | <b>11 %</b> |
| Sugars / Sucres                  | 22 g   |             |
| <b>Protein / Protéines</b>       | 6 g    |             |
| Vitamin A / Vitamine A           |        | <b>10 %</b> |
| Vitamin C / Vitamine C           |        | <b>0 %</b>  |
| Calcium / Calcium                |        | <b>8 %</b>  |
| Iron / Fer                       |        | <b>4 %</b>  |

## GF Lemon BB Cheesecake

### Nutrition Facts

Serving Size 90 g

#### Amount % Daily Value\*

**Calories** 250      Calories from fat 120  
Calories from Saturated + Trans 65

|                          |               |
|--------------------------|---------------|
| <b>Fat</b> 13 g          | <b>20 %</b>   |
| Saturated 7 g            | <b>38 %</b>   |
| + Trans 0.4 g            |               |
| <b>Cholesterol</b> 45 mg |               |
| <b>Sodium</b> 150 mg     | <b>6 %</b>    |
| <b>Carbohydrate</b> 32 g | <b>11 %</b>   |
| Fibre 0 g                | <b>0 %</b>    |
| Sugars 26 g              |               |
| <b>Protein</b> 3 g       |               |
| Vitamin A 4 %            | Vitamin C 4 % |
| Calcium 4 %              | Iron 0 %      |

## GF Pecan Torte

### Nutrition Facts Valeur nutritive

Per 75 g  
pour 75 g  
Servings per Container 14  
Portions par contenant 14

|                                        |                       |
|----------------------------------------|-----------------------|
| <b>Calories</b> 350                    | <b>% Daily Value*</b> |
| <b>Total Fat / Lipides</b> 17 g        | <b>23 %</b>           |
| Saturated / saturés 8 g                | <b>40 %</b>           |
| + Trans / trans 0.2 g                  |                       |
| <b>Carbohydrate / Glucides</b> 44 g    |                       |
| Fiber / Fibres 1 g                     | <b>4 %</b>            |
| Sugars / Sucres 24 g                   | <b>24 %</b>           |
| <b>Protein / Protéines</b> 5 g         |                       |
| <b>Cholesterol / Cholestérol</b> 95 mg |                       |
| <b>Sodium</b> 70 mg                    | <b>3 %</b>            |
| Potassium 225 mg                       | <b>5 %</b>            |
| Calcium 40 mg                          | <b>3 %</b>            |
| Iron / Fer 2 mg                        | <b>11 %</b>           |

## GF Venus Hazelnut Tart

### Nutrition Facts Valeur nutritive

Per 90 g / par 90 g

#### Amount Per Serving / Teneur par portion

**Calories / Calories** 370  
Calories from fat / Calories des lipides 160  
Calories from Saturated + Trans 70  
Calories des lipides saturés et trans 70

#### % Daily Value / % valeur quotidienne

|                                  |       |             |
|----------------------------------|-------|-------------|
| <b>Fat / Lipides</b>             | 18 g  | <b>28 %</b> |
| Saturated / saturés              | 8 g   | <b>41 %</b> |
| + Trans / trans                  | 0.3 g |             |
| <b>Cholesterol / Cholestérol</b> | 70 mg |             |
| <b>Sodium / Sodium</b>           | 50 mg | <b>2 %</b>  |
| <b>Carbohydrate / Glucides</b>   | 49 g  | <b>16 %</b> |
| Fibre / Fibres                   | 3 g   | <b>13 %</b> |
| Sugars / Sucres                  | 26 g  |             |
| <b>Protein / Protéines</b>       | 4 g   |             |
| Vitamin A / Vitamine A           |       | <b>15 %</b> |
| Vitamin C / Vitamine C           |       | <b>0 %</b>  |
| Calcium / Calcium                |       | <b>2 %</b>  |
| Iron / Fer                       |       | <b>15 %</b> |

## GF Pecan Tartlet

### Nutrition Facts Valeur nutritive

Per 90 g / par 90 g

#### Amount Per Serving / Teneur par portion

**Calories / Calories** 330  
Calories from fat / Calories des lipides 140  
Calories from Saturated + Trans 55  
Calories des lipides saturés et trans 55

#### % Daily Value / % valeur quotidienne

|                                  |        |             |
|----------------------------------|--------|-------------|
| <b>Fat / Lipides</b>             | 16 g   | <b>25 %</b> |
| Saturated / saturés              | 6 g    | <b>32 %</b> |
| + Trans / trans                  | 0.1 g  |             |
| <b>Cholesterol / Cholestérol</b> | 70 mg  |             |
| <b>Sodium / Sodium</b>           | 180 mg | <b>8 %</b>  |
| <b>Carbohydrate / Glucides</b>   | 44 g   | <b>15 %</b> |
| Fibre / Fibres                   | 1 g    | <b>3 %</b>  |
| Sugars / Sucres                  | 20 g   |             |
| <b>Protein / Protéines</b>       | 3 g    |             |
| Vitamin A / Vitamine A           |        | <b>6 %</b>  |
| Vitamin C / Vitamine C           |        | <b>0 %</b>  |
| Calcium / Calcium                |        | <b>2 %</b>  |
| Iron / Fer                       |        | <b>4 %</b>  |

## GF Pecan Torte

### Nutrition Facts Valeur nutritive

Per 80 g / par 80 g

#### Amount Per Serving / Teneur par portion

**Calories / Calories** 350  
Calories from fat / Calories des lipides 210  
Calories from Saturated + Trans 85  
Calories des lipides saturés et trans 85

#### % Daily Value / % valeur quotidienne

|                                  |       |             |
|----------------------------------|-------|-------------|
| <b>Fat / Lipides</b>             | 24 g  | <b>37 %</b> |
| Saturated / saturés              | 10 g  | <b>49 %</b> |
| + Trans / trans                  | 0.2 g |             |
| <b>Cholesterol / Cholestérol</b> | 75 mg |             |
| <b>Sodium / Sodium</b>           | 40 mg | <b>2 %</b>  |
| <b>Carbohydrate / Glucides</b>   | 32 g  | <b>11 %</b> |
| Fibre / Fibres                   | 2 g   | <b>10 %</b> |
| Sugars / Sucres                  | 18 g  |             |
| <b>Protein / Protéines</b>       | 4 g   |             |
| Vitamin A / Vitamine A           |       | <b>10 %</b> |
| Vitamin C / Vitamine C           |       | <b>0 %</b>  |
| Calcium / Calcium                |       | <b>2 %</b>  |
| Iron / Fer                       |       | <b>6 %</b>  |

## GF Caramel Bombe

### Nutrition Facts Valeur nutritive

Per 100 g / par 100 g

#### Amount Per Serving / Teneur par portion

**Calories / Calories** 420  
Calories from fat / Calories des lipides 240  
Calories from Saturated + Trans 140  
Calories des lipides saturés et trans 140

#### % Daily Value / % valeur quotidienne

|                                  |        |             |
|----------------------------------|--------|-------------|
| <b>Fat / Lipides</b>             | 27 g   | <b>41 %</b> |
| Saturated / saturés              | 16 g   | <b>81 %</b> |
| + Trans / trans                  | 0.2 g  |             |
| <b>Cholesterol / Cholestérol</b> | 105 mg |             |
| <b>Sodium / Sodium</b>           | 50 mg  | <b>2 %</b>  |
| <b>Carbohydrate / Glucides</b>   | 43 g   | <b>14 %</b> |
| Fibre / Fibres                   | 1 g    | <b>2 %</b>  |
| Sugars / Sucres                  | 25 g   |             |
| <b>Protein / Protéines</b>       | 4 g    |             |
| Vitamin A / Vitamine A           |        | <b>15 %</b> |
| Vitamin C / Vitamine C           |        | <b>0 %</b>  |
| Calcium / Calcium                |        | <b>2 %</b>  |
| Iron / Fer                       |        | <b>2 %</b>  |

## GF Banana Date Loaf

### Nutrition Facts Valeur nutritive

Per 90 g / par 90 g

#### Amount Per Serving / Teneur par portion

**Calories / Calories** 320  
Calories from fat / Calories des lipides 100  
Calories from Saturated + Trans 10  
Calories des lipides saturés et trans 10

#### % Daily Value / % valeur quotidienne

|                                  |        |             |
|----------------------------------|--------|-------------|
| <b>Fat / Lipides</b>             | 11 g   | <b>17 %</b> |
| Saturated / saturés              | 1 g    | <b>6 %</b>  |
| + Trans / trans                  | 0 g    |             |
| <b>Cholesterol / Cholestérol</b> | 45 mg  |             |
| <b>Sodium / Sodium</b>           | 340 mg | <b>14 %</b> |
| <b>Carbohydrate / Glucides</b>   | 51 g   | <b>17 %</b> |
| Fibre / Fibres                   | 2 g    | <b>7 %</b>  |
| Sugars / Sucres                  | 26 g   |             |
| <b>Protein / Protéines</b>       | 3 g    |             |
| Vitamin A / Vitamine A           |        | <b>2 %</b>  |
| Vitamin C / Vitamine C           |        | <b>0 %</b>  |
| Calcium / Calcium                |        | <b>2 %</b>  |
| Iron / Fer                       |        | <b>4 %</b>  |

## GF Chocolate Pecan Loaf

### Nutrition Facts Valeur nutritive

Per 1 slice (75g) / par 1 slice (75g)

#### Amount Per Serving / Teneur par portion

**Calories / Calories** 230  
Calories from fat / Calories des lipides 70  
Calories from Saturated + Trans 20  
Calories des lipides saturés et trans 20

#### % Daily Value / % valeur quotidienne

|                                  |        |             |
|----------------------------------|--------|-------------|
| <b>Fat / Lipides</b>             | 8 g    | <b>12 %</b> |
| Saturated / saturés              | 2 g    | <b>11 %</b> |
| + Trans / trans                  | 0 g    |             |
| <b>Cholesterol / Cholestérol</b> | 25 mg  |             |
| <b>Sodium / Sodium</b>           | 350 mg | <b>15 %</b> |
| <b>Carbohydrate / Glucides</b>   | 38 g   | <b>13 %</b> |
| Fibre / Fibres                   | 1 g    | <b>5 %</b>  |
| Sugars / Sucres                  | 22 g   |             |
| <b>Protein / Protéines</b>       | 3 g    |             |
| Vitamin A / Vitamine A           |        | <b>0 %</b>  |
| Vitamin C / Vitamine C           |        | <b>0 %</b>  |
| Calcium / Calcium                |        | <b>2 %</b>  |
| Iron / Fer                       |        | <b>10 %</b> |



# CERTIFIED GLUTEN FREE DESSERTS



## GF Almond Choc Chunk Cookie

### Nutrition Facts Valeur nutritive

Per 60 g / par 60 g

Amount Per Serving / Teneur par portion

**Calories / Calories** 270

Calories from fat / Calories des lipides 120

Calories from Saturated + Trans 65

Calories des lipides saturés et trans 65

% Daily Value / % valeur quotidienne

**Fat / Lipides** 13 g 20 %

Saturated / saturés 7 g  
+ Trans / trans 0.2 g 37 %

**Cholesterol / Cholestérol** 50 mg

**Sodium / Sodium** 170 mg 7 %

**Carbohydrate / Glucides** 38 g 13 %

Fibre / Fibres 3 g 13 %

Sugars / Sucres 22 g

**Protein / Protéines** 2 g

Vitamin A / Vitamine A 10 %

Vitamin C / Vitamine C 0 %

Calcium / Calcium 2 %

Iron / Fer 4 %

## GF Peanut Butter Cookie

### Nutrition Facts Valeur nutritive

Per 65 g / par 65 g

Amount Per Serving / Teneur par portion

**Calories / Calories** 340

Calories from fat / Calories des lipides 140

Calories from Saturated + Trans 45

Calories des lipides saturés et trans 45

% Daily Value / % valeur quotidienne

**Fat / Lipides** 16 g 25 %

Saturated / saturés 5 g  
+ Trans / trans 0.1 g 25 %

**Cholesterol / Cholestérol** 45 mg

**Sodium / Sodium** 220 mg 9 %

**Carbohydrate / Glucides** 42 g 14 %

Fibre / Fibres 4 g 15 %

Sugars / Sucres 28 g

**Protein / Protéines** 6 g

Vitamin A / Vitamine A 8 %

Vitamin C / Vitamine C 0 %

Calcium / Calcium 2 %

Iron / Fer 6 %

## GF Party Pants Cookie

### Nutrition Facts Valeur nutritive

Per 75 g / par 75 g

Amount Per Serving / Teneur par portion

**Calories / Calories** 340

Calories from fat / Calories des lipides 120

Calories from Saturated + Trans 70

Calories des lipides saturés et trans 70

% Daily Value / % valeur quotidienne

**Fat / Lipides** 14 g 22 %

Saturated / saturés 8 g  
+ Trans / trans 0.3 g 40 %

**Cholesterol / Cholestérol** 50 mg

**Sodium / Sodium** 250 mg 11 %

**Carbohydrate / Glucides** 52 g 17 %

Fibre / Fibres 5 g 20 %

Sugars / Sucres 29 g

**Protein / Protéines** 2 g

Vitamin A / Vitamine A 15 %

Vitamin C / Vitamine C 0 %

Calcium / Calcium 2 %

Iron / Fer 2 %

## GF VEG Dark Choc Cookie

### Nutrition Facts Valeur nutritive

Per 65 g / par 65 g

Amount Per Serving / Teneur par portion

**Calories / Calories** 250

Calories from fat / Calories des lipides 100

Calories from Saturated + Trans 40

Calories des lipides saturés et trans 40

% Daily Value / % valeur quotidienne

**Fat / Lipides** 11 g 17 %

Saturated / saturés 4.5 g  
+ Trans / trans 0.1 g 23 %

**Cholesterol / Cholestérol** 0 mg

**Sodium / Sodium** 270 mg 11 %

**Carbohydrate / Glucides** 35 g 12 %

Fibre / Fibres 0 g 0 %

Sugars / Sucres 23 g

**Protein / Protéines** 2 g

Vitamin A / Vitamine A 10 %

Vitamin C / Vitamine C 0 %

Calcium / Calcium 2 %

Iron / Fer 15 %

## GF VEG Oatmeal Cookie

### Nutrition Facts Valeur nutritive

Per 65 g / par 65 g

Amount Per Serving / Teneur par portion

**Calories / Calories** 270

Calories from fat / Calories des lipides 100

Calories from Saturated + Trans 30

Calories des lipides saturés et trans 30

% Daily Value / % valeur quotidienne

**Fat / Lipides** 11 g 17 %

Saturated / saturés 3 g  
+ Trans / trans 0.1 g 17 %

**Cholesterol / Cholestérol** 0 mg

**Sodium / Sodium** 180 mg 7 %

**Carbohydrate / Glucides** 42 g 14 %

Fibre / Fibres 5 g 21 %

Sugars / Sucres 38 g

**Protein / Protéines** 4 g

Vitamin A / Vitamine A 10 %

Vitamin C / Vitamine C 0 %

Calcium / Calcium 4 %

Iron / Fer 10 %

## GF VEG Choco Raspberry Mini Sandwich Cookie

### Nutrition Facts Valeur nutritive

Per 30 g / par 30 g

Amount Per Serving / Teneur par portion

**Calories / Calories** 120

Calories from fat / Calories des lipides 20

Calories from Saturated + Trans 10

Calories des lipides saturés et trans 10

% Daily Value / % valeur quotidienne

**Fat / Lipides** 2.5 g 4 %

Saturated / saturés 1 g  
+ Trans / trans 0 g 5 %

**Cholesterol / Cholestérol** 0 mg

**Sodium / Sodium** 60 mg 3 %

**Carbohydrate / Glucides** 24 g 8 %

Fibre / Fibres 0 g 0 %

Sugars / Sucres 22 g

**Protein / Protéines** 0 g

Vitamin A / Vitamine A 2 %

Vitamin C / Vitamine C 0 %

Calcium / Calcium 0 %

Iron / Fer 2 %

## GF Belgian Brownie

### Nutrition Facts Valeur nutritive

Per 90 g

pour 90 g

Serving Per Container 1

Portion par contenant 1

**Calories 340**

% Daily Value\*

% valeur quotidienne\*

**Total Fat / Lipides** 16 g 21 %

Saturated / saturés 8 g  
+ Trans / trans 0.2 g 40 %

**Carbohydrate / Glucides** 39 g

Fiber / Fibres 0 g 0 %

Sugars / Sucres 33 g 33 %

**Protein / Protéines** 3 g

**Cholesterol / Cholestérol** 65 mg

**Sodium** 45 mg 2 %

**Potassium** 200 mg 4 %

**Calcium** 40 mg 3 %

**Iron / Fer** 1.75 mg 10 %

\* 5% or less is a little, 15% or more is a lot

\* 5% ou moins c'est peu, 15% ou plus c'est beaucoup





# CERTIFIED GLUTEN FREE DESSERTS



## GF Cocoa Slim

### Nutrition Facts Valeur nutritive

Per 3 pcs (20g) / par 3 pcs (20g)

#### Amount Per Serving / Teneur par portion

|                                             |            |
|---------------------------------------------|------------|
| <b>Calories / Calories</b>                  | 100        |
| Calories from fat / Calories des lipides    | 25         |
| Calories from Saturated + Trans             | 0          |
| Calories des lipides saturés et trans       | 0          |
| <b>% Daily Value / % valeur quotidienne</b> |            |
| <b>Fat / Lipides</b>                        | 2.5 g 4 %  |
| Saturated / saturés                         | 0.5 g      |
| + Trans / trans                             | 0 g 3 %    |
| <b>Cholesterol / Cholestérol</b>            | 10 mg      |
| <b>Sodium / Sodium</b>                      | 140 mg 6 % |
| <b>Carbohydrate / Glucides</b>              | 17 g 6 %   |
| Fibre / Fibres                              | 1 g 2 %    |
| Sugars / Sucres                             | 9 g        |
| <b>Protein / Protéines</b>                  | 1 g        |
| Vitamin A / Vitamine A                      | 0 %        |
| Vitamin C / Vitamine C                      | 0 %        |
| Calcium / Calcium                           | 0 %        |
| Iron / Fer                                  | 6 %        |

## GF VEG Cranberry Orange Slim

### Nutrition Facts

Serving Size 20 g

| Amount                            | % Daily Value*       |
|-----------------------------------|----------------------|
| <b>Calories</b> 100               | Calories from fat 30 |
| Calories from Saturated + Trans 8 |                      |
| <b>Fat</b> 3.5 g                  | 6 %                  |
| Saturated                         | 1 g                  |
| + Trans                           | 0 g 4 %              |
| <b>Cholesterol</b>                | 0 mg                 |
| <b>Sodium</b> 100 mg              | 4 %                  |
| <b>Carbohydrate</b> 18 g          | 6 %                  |
| Fibre                             | 0 g 0 %              |
| Sugars                            | 10 g                 |
| <b>Protein</b> 1 g                |                      |
| Vitamin A                         | 0 %                  |
| Vitamin C                         | 2 %                  |
| Calcium                           | 0 %                  |
| Iron                              | 0 %                  |

## GF VEG Lemon Slim

### Nutrition Facts Valeur nutritive

Per 8 crackers (20 g) / par 8 crackers (20 g)

#### Amount Per Serving / Teneur par portion

|                                              |            |
|----------------------------------------------|------------|
| <b>Calories / Calories</b>                   | 110        |
| Calories from fat / Calories des lipides     | 35         |
| Calories from Saturated + Trans              | 8          |
| Calories des lipides saturés et trans        | 8          |
| <b>% Daily Value / % valeur quotidienne*</b> |            |
| <b>Fat / Lipides</b>                         | 4 g 6 %    |
| Saturated / saturés                          | 1 g        |
| + Trans / trans                              | 0 g 5 %    |
| <b>Cholesterol / Cholestérol</b>             | 0 mg       |
| <b>Sodium / Sodium</b>                       | 105 mg 4 % |
| <b>Carbohydrate / Glucides</b>               | 19 g 6 %   |
| Fibre / Fibres                               | 0 g 0 %    |
| Sugars / Sucres                              | 11 g       |
| <b>Protein / Protéines</b>                   | 1 g        |
| Vitamin A / Vitamine A                       | 0 %        |
| Vitamin C / Vitamine C                       | 2 %        |
| Calcium / Calcium                            | 0 %        |
| Iron / Fer                                   | 0 %        |

## GF VEG Choco Cupcake

### Nutrition Facts Valeur nutritive

Per 100 g / par 100 g

#### Amount Per Serving / Teneur par portion

|                                             |           |
|---------------------------------------------|-----------|
| <b>Calories / Calories</b>                  | 290       |
| Calories from fat / Calories des lipides    | 120       |
| Calories from Saturated + Trans             | 50        |
| Calories des lipides saturés et trans       | 50        |
| <b>% Daily Value / % valeur quotidienne</b> |           |
| <b>Fat / Lipides</b>                        | 14 g 21 % |
| Saturated / saturés                         | 6 g       |
| + Trans / trans                             | 0 g 29 %  |
| <b>Cholesterol / Cholestérol</b>            | 0 mg      |
| <b>Sodium / Sodium</b>                      | 95 mg 4 % |
| <b>Carbohydrate / Glucides</b>              | 39 g 13 % |
| Fibre / Fibres                              | 4 g 16 %  |
| Sugars / Sucres                             | 26 g      |
| <b>Protein / Protéines</b>                  | 3 g       |
| Vitamin A / Vitamine A                      | 0 %       |
| Vitamin C / Vitamine C                      | 0 %       |
| Calcium / Calcium                           | 2 %       |
| Iron / Fer                                  | 30 %      |

## GF VEG Lemon Cupcake

### Nutrition Facts Valeur nutritive

Per 80 g / par 80 g

#### Amount Per Serving / Teneur par portion

|                                             |            |
|---------------------------------------------|------------|
| <b>Calories / Calories</b>                  | 330        |
| Calories from fat / Calories des lipides    | 110        |
| Calories from Saturated + Trans             | 45         |
| Calories des lipides saturés et trans       | 45         |
| <b>% Daily Value / % valeur quotidienne</b> |            |
| <b>Fat / Lipides</b>                        | 12 g 19 %  |
| Saturated / saturés                         | 5 g        |
| + Trans / trans                             | 0.1 g 24 % |
| <b>Cholesterol / Cholestérol</b>            | 0 mg       |
| <b>Sodium / Sodium</b>                      | 170 mg 7 % |
| <b>Carbohydrate / Glucides</b>              | 48 g 16 %  |
| Fibre / Fibres                              | 3 g 11 %   |
| Sugars / Sucres                             | 35 g       |
| <b>Protein / Protéines</b>                  | 1 g        |
| Vitamin A / Vitamine A                      | 4 %        |
| Vitamin C / Vitamine C                      | 0 %        |
| Calcium / Calcium                           | 0 %        |
| Iron / Fer                                  | 2 %        |

## GF VEG Coconut Cupcake

### Nutrition Facts

Serving Size 80 g

| Amount                             | % Daily Value*        |
|------------------------------------|-----------------------|
| <b>Calories</b> 370                | Calories from fat 170 |
| Calories from Saturated + Trans 90 |                       |
| <b>Fat</b> 19 g                    | 30 %                  |
| Saturated                          | 10 g                  |
| + Trans                            | 0.2 g 51 %            |
| <b>Cholesterol</b>                 | 0 mg                  |
| <b>Sodium</b> 110 mg               | 5 %                   |
| <b>Carbohydrate</b> 49 g           | 16 %                  |
| Fibre                              | 0 g 0 %               |
| Sugars                             | 35 g                  |
| <b>Protein</b> 1 g                 |                       |
| Vitamin A                          | 8 %                   |
| Vitamin C                          | 0 %                   |
| Calcium                            | 0 %                   |
| Iron                               | 6 %                   |