

Simple  
Foods  
COOKING

# Organic Tapioca Flour



## INGREDIENTS:

Organic Tapioca

Packaged on equipment that also produces nut products.

## Nutrition Facts

Serving Size 1/4 cup (30g)

Servings Per Container Varied

Amount Per Serving

Calories 100

Calories From Fat 0

% 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 0g 0%

Sugars 0g

Protein 0g

Vitamin A 0% Vitamin C 0%

Calcium 0% 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



Package Weight:

14.3 oz. (405g)



# ORGANIC TAPIOCA *Flour*

14.3 OUNCE

Tapioca Flour can be used in many different ways; for cooking, baking, and can be used to replace wheat and corn based products. Tapioca is extracted from the roots of a plant that is native to South America.

Ingredients:

Organic Tapioca



# ORGANIC SORGHUM *Flour*

12 OUNCE

Sorghum Flour has an impressive amount of nutrients, with a good source of many vitamins, minerals, fiber, and protein which all contribute to better health.

Ingredients:

Organic Whole Grain Sorghum

