

# silverland bakery

MADE WITH PURE INGREDIENTS SINCE 1983

439 DES PLAINES AVE  
 FOREST PARK, IL 60130  
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January 1, 2020  
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FCB **FLOURLESS CHOCOLATE BROWNIE [GLUTEN FREE]**  
 Specialty  
 Size 24 Cut 3.9 ounce

The deep, rich flavor of flourless chocolate cake, in brownie form. This naturally gluten free treat is as decadent and complex as it gets.

Ingredients: sugar, whole eggs, soybean oil, unsweetened chocolate, semisweet chocolate chunks (sugar, chocolate liquor, cocoa butter, dextrose, lecithin), almond meal, brown rice flour, cocoa powder, vanilla, ground coffee, salt, baking soda.  
**ALLERGEN INFORMATION:** contains eggs, soybean oil, almonds, and soy lecithin. Manufactured on shared equipment and in a plant with wheat flour, dairy and/or dairy byproducts, eggs and/or egg products, peanuts, tree nuts (almonds, cashews, hazelnuts/filberts, macadamias, pecans, pistachios & walnuts), and soy and/or soy derivatives

| Nutrition Facts   |                           | Nutrition Facts   |                    |
|---|---------------------------|---|--------------------|
| Serving Size 3.9 oz (111g)  |                           | 2.6 servings per piece  |                    |
| Servings per Container 24   |                           | Serving Size 1.5 oz. (43g)  |                    |
| <b>Amount per Serving</b>   |                           | <b>Calories</b>   | <b>Per serving</b> |
| <b>Calories</b> .4766 <b>Calories from Fat</b> 312  |                           | <b>208</b>  | <b>Per piece</b>   |
| <b>% Daily Value*</b>   |                           | <b>540</b>  | <b>% DV*</b>       |
| <b>Total Fat</b> 35 g   | 54%                       | <b>Total Fat</b> 14g  | 17%                |
| Saturated Fat 12 g  | 61%                       | Saturated Fat 5g  | 23%                |
| Trans Fat 0 g   |                           | Trans Fat 0g  |                    |
| <b>Cholesterol</b> 90 mg  | 30%                       | <b>Cholesterol</b> 34mg   | 11%                |
| <b>Sodium</b> 58 mg   | 2%                        | <b>Sodium</b> 22mg  | 1%                 |
| <b>Total Carbohydrate</b> 48 g  | 16%                       | <b>Total Carbohydrate</b> 18g   | 7%                 |
| Dietary Fiber 5 g   | 20%                       | Dietary Fiber 2g  | 7%                 |
| Sugars 35 g   |                           | Total Sugars 14g  |                    |
| Sugar Alcohol 0 g   |                           | Includes Added Sugars 13g   | 27%                |
| <b>Protein</b> 8 g  | 16%                       | Sugar Alcohol 0g  |                    |
| Vitamin A 3 %   | Vitamin C 0 %             | <b>Protein</b> 3g   | 8g                 |
| Calcium 6 %   | Iron 14 %                 | Vitamin D 10mcg   | 49%                |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                           | Calcium 24mg  | 2%                 |
| Calories  | 2,000 2,500               | Iron 1mg  | 5%                 |
| Total Fat   | Less than 65 g 80 g       | Potassium 103mg   | 2%                 |
| Sat Fat   | Less than 20 g 25 g       | * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories is used for general nutrition advice. |                    |
| Cholesterol   | Less than 300 mg 300 mg   |   |                    |
| Sodium  | Less than 2400 mg 2400 mg |   |                    |
| Total Carbohydrate  | 300 g 375 g               |   |                    |
| Dietary Fiber   | 25 g 30 g                 |   |                    |
| Protein   | 50 g 63 g                 |   |                    |
| Calories per gram   |                           |   |                    |
| Fat 9   | Carbohydrates 4 Protein 4 |   |                    |

24\_CUT

Product Code Case: 0004724  
 Product Code Tray: 0104724  
 UPC Code Case: 008208047247  
 UPC Code Tray: 008208147244  
 UPC Code Piece: 008208447245  
 Tray Net Weight: 5.85 lbs  
 Tray Size: 17 in. X 12 in. X 1.25 in.  
 Pieces per Tray: 24  
 Approx. Piece Weight: 3.9 ounce  
 Approx. Piece Size: 2.83 in. X 3 in.  
 Case Pack: 3 Trays  
 Pieces per Case: 72  
 Case Dimensions: 18 in. X 13 in. X 3.5 in.  
 Case Cube: 0.47  
 Case Net Weight: 17.55 lbs  
 Case Gross Weight: 18.86 lbs  
 TI: 7  
 HI: 8  
 Frozen Shelf Life: 6 months