



NUTRITION GUIDE

OUT-OF-THE-ORDINARY

# INGRID'S

BAKERY

NUTRITION GUIDE

**MADE TO BE** *different.*



Free from grains. Free from bland. And free to be enjoyed however and wherever you want. We believe what you eat should set you free and that gluten-free shouldn't mean flavor-free. Our naturally-fortified, gluten-free baked goods are all-natural, organic, nutrient-rich, and protein-packed, making them proudly Out-Of-The-Ordinary.

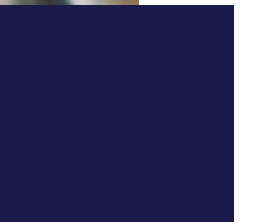
# OUR CHIEF BAKER

*Ingrid Hansen, Founder*

When our founder, Ingrid Hansen, began creating gluten-free baked goods for her family, little did she know she'd be forging a community. One where nourishing who you are is done with what you eat.

In 2017, Ingrid opened “Figg’s Ordinary”, a gluten-free cafe in the heart of Chestertown, MD serving a range of organic, thoughtfully-made baked goods, soups, salads, sandwiches and craft coffee. Early American “Ordinaries” were where patrons would meet, mingle, and discuss the ideas of the day. “The Ordinary” was where our chief baker, and her dedicated family and friends gave life to a community that still remains “Out-Of-The-Ordinary.”

The popularity of Ingrid’s Fortified Flatbreads at the cafe led to a desire to offer them to a wider audience, and in 2024, INGRID’s Out-Of-The-Ordinary Bakery was born.





# “IT HAS TO BE *nutritious.*”

If you ask Ingrid why she began baking for her family, then her friends, then an entire town, the answer is simple: “People don’t ask enough questions of the simplest things they eat.” This is why our Fortified Flatbreads are not only deliciously gluten-free and organic, they are loaded with health benefits that turn a simple snack into a surprisingly indulgent way to add nutrients to in-between meal moments or pair with your favorite soup, dip, or salad.

- **PROTEIN-RICH, ORGANIC, AND ALWAYS GLUTEN-FREE**
- **HIGH IN ANTI-OXIDANTS & MONOUNSATURATED FATS**
- **LOADED WITH CALCIUM, ZINC, FIBER, IRON, AND VITAMIN D & E**
- **LOW OR NO SUGAR AND ALWAYS ZERO REFINED SUGAR**
- **ALWAYS KOSHER AND VEGAN PLUS PALEO-FRIENDLY OPTIONS**

UNEXPECTEDLY  
& SURPRISINGLY  
NUTRITIOUS

OUT-OF-THE-ORDINARY  
**INGRID'S**  
BAKERY



# OUR INGREDIENTS



# OUR *ingenious* INGREDIENTS

Naturally fortified with nuts, seeds, and nutrient-rich ingredients, INGRID'S FORTIFIED FLATBREADS add hand-crafted, organic goodness to any meal, soup or charcuterie.

Our sources, ingredients, and careful attention to detail are why these flatbreads remain popular staples for those who want more goodness and nutrition from every bite or snack.



*ingredients & nutrition*



FORTIFIED FLATBREADS

## Nutrition Facts

8 servings per container  
**Serving size** 1 oz. (28g)

**Amount Per Serving**  
**Calories** 140

% Daily Value\*

**Total Fat** 12g 15%

Saturated Fat 2.5g 13%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 25mg 1%

**Total Carbohydrate** 6g 2%

Dietary Fiber 4g 14%

Total Sugars <1g

Includes 0g Added Sugars 0%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 1.3mg 8%

Potassium 20mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# ALMOND & SEA SALT

TEMPTINGLY FLAVORED WITH ORGANIC TOASTED ALMONDS AND DUSTED WITH FINE SEA SALT.

**GLUTEN-FREE - GRAIN FREE - NO PRESERVATIVES - NO SUGAR**  
**4G ORGANIC, VEGAN, PALEO-POWERED PROTEIN PER SERVING**

INGREDIENTS: ALMOND FLOUR\*, WATER, FLAXSEED\*, SUNFLOWER SEEDS\*, PUMPKIN SEEDS\*, COCONUT OIL\*, ORGANIC OAT FIBER\*, ALMONDS\*, PURE VANILLA EXTRACT, SEA SALT.  
\* = ORGANIC. CONTAINS: ALMOND, COCONUT.





## Nutrition Facts

8 servings per container  
**Serving size** 1 oz. (28g)

**Amount Per Serving**  
**Calories** 140

**% Daily Value\***

**Total Fat** 11g 14%

Saturated Fat 2.5g 13%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 15mg 1%

**Total Carbohydrate** 7g 3%

Dietary Fiber 3g 11%

Total Sugars 2g

Includes <1g Added Sugars 2%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 40mg 2%

Iron 1.5mg 8%

Potassium 30mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



*ingredients & nutrition*



FORTIFIED FLATBREADS

# SUPER SEEDS & CRANBERRIES

GENTLY FLAVORED WITH ORGANIC SUNFLOWER, PUMPKIN AND FLAXSEEDS, CRANBERRIES AND A TOUCH OF MAPLE SYRUP

**GLUTEN-FREE - GRAIN FREE - NO PRESERVATIVES - NO REFINED SUGAR**  
**5G ORGANIC & VEGAN-POWERED PROTEIN PER SERVING**

INGREDIENTS: ALMOND FLOUR\*, SUNFLOWER SEEDS\*, PUMPKIN SEEDS\*, WATER, DRIED CRANBERRIES\*, FLAXSEED\*, MAPLE SYRUP\*, COCONUT OIL\*, PURE VANILLA EXTRACT, SEA SALT. \* = ORGANIC. CONTAINS: ALMOND, COCONUT



*ingredients & nutrition*



FORTIFIED FLATBREADS

## Nutrition Facts

8 servings per container  
**Serving size** 1 oz. (28g)

**Amount Per Serving**  
**Calories** 140

**% Daily Value\***

**Total Fat** 11g 14%

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 20mg 1%

**Total Carbohydrate** 8g 3%

Dietary Fiber 4g 14%

Total Sugars 2g

Includes 1g Added Sugars 2%

**Protein** 4g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 1.1mg 6%

Potassium 50mg 2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

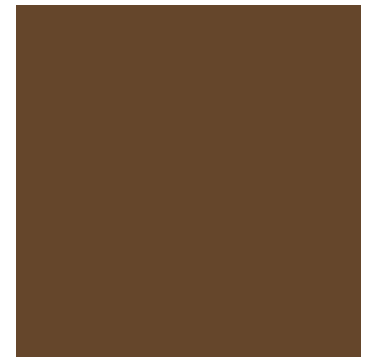


# CACAO & HAZELNUT

**RICHLY FLAVORED WITH ORGANIC HAZELNUTS, FLAXSEED, GROUND CACAO AND A TOUCH OF MAPLE SYRUP**

**GLUTEN-FREE - GRAIN FREE - NO PRESERVATIVES - NO REFINED SUGAR  
4G ORGANIC & VEGAN-POWERED PROTEIN PER SERVING**

INGREDIENTS: ALMOND FLOUR\*, WATER, ORGANIC HAZELNUTS (RAW, NO SHELL)\*, FLAXSEED\*, CACAO\*, MAPLE SYRUP\*, COCONUT OIL\*, DRIED CRANBERRIES, CACAO NIBS\*, PURE VANILLA EXTRACT, SEA SALT.  
\* = ORGANIC. CONTAINS: ALMOND, COCONUT





# OUR SOURCES

# SEEDS & NUTS

One of our favorite healthy, energy-rich snacks is a big part of why our Fortified Flatbreads taste so fresh and delicious. Sourced raw, organic, and sorted so that only the best and biggest almonds, hazelnuts, sunflower and flax\* seeds make it to the oven, our seeds and nuts are of the highest quality, kosher, and Certified Gluten-Free. We source from vendors who utilize completely segregated production lines to eliminate any possibility of cross-contamination and carry USDA and Gluten-Free Certification designations so that our customers can trust our product is safe and of the highest quality. Raw Almonds, Pumpkin Seeds, Sunflower Seeds and Hazelnuts make a healthy snack that's packed with protein, fiber, calcium, zinc, and antioxidants. Low in monounsaturated fats, known to reduce blood-sugar, and high in the form of vitamin E that is most easily absorbed by the body, our nuts and seeds naturally fortify our flatbreads with tons of nutrition.

\*We grind our flax seeds to enhance nutrient absorption.



# ALMOND FLOUR

To pack even more protein into every Fortified Flatbread, our blanched Almond Flour is used as a low-carb, gluten-free, keto and kosher baking alternative to wheat flour. Made with only the largest, premium blanched almonds, this flour is expertly ground to a very fine consistency fiber. High in protein, dietary fiber, calcium, iron, potassium, our almond flour is sourced from vendors who utilize completely segregated production lines to eliminate any possibility of cross-contamination and carry USDA and Gluten-Free Certification designations so that our customers can trust our product is safe and of the highest quality.



# GROUND CACAO & NIBS

Chocolate in its most natural, purest form. Meaning “edge or point of something” our 100% pure, gluten-free and organic cacao nibs are made from crushed cacao beans with the texture of raw coffee beans. When blended with our 100% pure and gluten-free cold ground cacao, almond flour and raw hazelnuts they pack crunchy, flavorful, and powerful nutrients, antioxidants, and fiber into our Fortified Flatbreads and add a deep, indulgent chocolate and nutty flavor to your mid-day meal or snacking board. Raw cacao nibs are the less processed version of chocolate with no unhealthy additives, so they preserve all the nutrients of the natural cacao bean, making them an excellent source of antioxidants, fiber, iron and magnesium. When cold pressed, the oil is removed from cacao nibs, resulting in a dense, nutrient-rich mass that’s ground into a fine powder and then baked to tasty perfection.



# ROXBURY MOUNTAIN MAPLE

Proud members of N.Y. Grown & Certified and USDA Certified Organic. Roxbury Mountain Maple is situated in an enclave of the NYC Watershed which produces some of the most pristine water in the world. The ph of the soil, the purity of the water, and the ideal climate for growing maple trees makes our valley perfect for producing the purest maple available. Since 2010, Roxbury Mountain Maple has become one of the largest maple producers in the Catskills.



[LEARN MORE](#)



# SINGING DOG VANILLA

Singing Dog Vanilla takes inspiration from the most unexpected places. Named after the fascinating New Guinea Singing Dogs, who serenade others by singing, much like the whales in the ocean. Singing Dog Vanilla carefully sources the best ingredients, including organic, non-GMO, and clean-label options that are the highest quality and allergy-friendly. Owners Marty Parisien and Bill Wiedmann partner with over 500 vanilla-growing families from Papua New Guinea, Indonesia, and Uganda through a Fair Trade Plus+® program and strive to be as sustainable as possible, like Ingrid's, with compostable packaging and by reusing and recycling materials where possible.

[LEARN MORE](#)

[FAIR TRADE](#)





# BE OUT-OF-THE-ORDINARY



Be true to yourself. Just like nature intended. Thoughtfully-sourced organic ingredients. Nothing-to-hide nutrients and carefully hand-crafted. We are a gourmet baked goods brand everyone can love. Join our #OOTO community to learn more about our deliciously nutritious creations.

[@HELLOINGRIDS](#)

# ROASTAR PACKAGING

We want INGRID'S to be good-for-you and good-for-the-planet, so we set out to ensure that our product would be sustainable both inside and out. We chose Roastar for domestically-printed, custom packaging because they provide the best, most sustainable option for packaging INGRID'S Fortified Flatbreads. Flatbreads are packaged using Kraft Compostable Laminate films and paper components that are made from certified compostable materials ensuring industrial compostability. Even our packages Compostable Resealable Tape not only helps keep your product fresh by mailing it resealable, but it is also certified biodegradable, as is our package's compostable brown kraft material.

[LEARN MORE](#)

**ROASTAR**   
THE WHOLE PACKAGE



MADE TO BE  
DIFFERENT,  
JUST LIKE YOU.

OUT-OF-THE-ORDINARY  
**INGRID'S**  
BAKERY