

ENJOY ALL YOUR FAVORITE FOODS AGAIN WITH OUR GLUTEN FREE ALL-PURPOSE FLOUR

A TRUE CUP-FOR-CUP FLOUR SUBSTITUTE!

Better Batter Gluten Free Flour is all you need to make any recipe gluten free— no extra ingredients or conversions are needed. Pick up a box today to get reacquainted with your favorite recipes. Our all-purpose flour is available in 20 oz, 2.5lb, 5lb, and 25lb sizes.

Be sure to visit betterbatter.org to see our full line of gluten free products.

With Better Batter products, you can live without and not be missing out.



Nutrition Facts	
Serving Size ¼ cup dry Mix (28g)	
Servings Per Container 20	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 15mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
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
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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: RICE FLOUR, BROWN RICE FLOUR, TAPIOCA STARCH, POTATO STARCH, POTATO FLOUR, XANTHAN GUM, PECTIN (LEMON DERIVATIVE)

COUNTRY OF ORIGIN: UNITED STATES

ACCEPTED FOR: VEGETARIAN/VEGAN, OU KOSHER, FEINGOLD I & II



JOIN OUR COMMUNITY AND CHECK OUT OUR RECIPE DATABASE AT **BETTERBATTER.ORG**