

Cauli Base

Ingredients: cauliflower, coconut flour, water
psyllium husk, guar gum, baking powder, tapioca dusting

Nutritional Facts

servicing size	241g		100g	
NET CARBS	19g		7.9g	
Amount per serving	% Daily Value		% Daily Value	
Kilojules	1444kJ	17%	599kJ	
Calories	345	17%	143	
Total Fat	13.7g	11%	5.7g	9%
Saturated Fat	8g	42%	3.5g	68%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	31mg	0%	12.9mg	0%
Total Carbohydrate	32g	11%	13.4g	4%
Dietary Fiber	13g	53%	5.5g	22%
Sugars	4g		1.6g	
Protein	5g	11%	2.3g	5%
Vitamin A	12.9IU	0%	5.3IU	0%
Calcium	142mg	14%	50.4mg	5%
Vitamin C	48.2mg	80%	20mg	33%
Iron	2.1mg	12%	0.9mg	5%

*Percentage Daily Values Calculated on a 2,000 Calorie diet. Your daily values may be higher or Lower depending on your calorie needs.

NutritionData.com

Marrow Base

Ingredients: zucchini, coconut flour, water
psyllium husk, guar gum, baking powder, tapioca

Nutritional Facts

servicing size	241g		100g	
NET CARBS	19.5g		8.1g	
Amount per serving	% Daily Value		% Daily Value	
Kilojules	1415kJ	17%	586kJ	7%
Calories	338	17%	140	7%
Total Fat	13.2g	20%	5.5g	8%
Saturated Fat	8.3g	42%	3.5g	17%
Trans Fat	0g	0%	0g	0%
Cholesterol	0g	0%	0g	0%
Sodium	18.3mg	1%	7.6mg	0%
Total Carbohydrate	31.8g	11%	13.2g	4%
Dietary Fiber	12.3g	49%	5.1g	20%
Sugars	3.6g		1.5g	
Protein	4.2g	8%	1.7g	3%
Vitamin A	1197IU	24%	496IU	10%
Calcium	139mg	14%	57.6mg	6%
Vitamin C	5.7mg	9%	2.4mg	4%
Iron	2.1mg	12%	0.9mg	5%

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NutritionData.com

Pumpkin Base

Ingredients: pumpkin, coconut flour, water
psyllium husk, guar gum, baking powder, tapioca dusting

Nutritional Facts

servicing size	241g		100g	
NET CARBS	20.9g		8.6g	
Amount per serving	% Daily Value		% Daily Value	
Kilojules	1432kJ	17%	595kJ	7%
Calories	342	17%	142	7%
Total Fat	13.3	20%	5.5g	8%
Saturated Fat	8.3g	42%	3.5g	17%
Trans Fat	0g	0%	0g	0%
Cholesterol	0g	0%	0g	0%
Sodium	16.2mg	1%	6.7mg	0%
Total Carbohydrate	32.9g	11%	13.6g	5%
Dietary Fiber	12g	48%	5g	20%
Sugars	2.8g		1.2g	
Protein	4.3g	9%	1.8g	4%
Vitamin A	5349IU	107%	2219IU	44%
Calcium	141	14%	58.5mg	6%
Vitamin C	5.8mg	10%	2.4mg	4%
Iron	2.4mg	13%	1mg	5%

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NutritionData.com

Olive Base

Ingredients: zucchini, coconut flour, water, olives
psyllium husk, guar gum, baking powder, tapioca

Nutritional Facts

servicing size	252g		100g	
NET CARBS	19.8g		7.9g	
Amount per serving	% Daily Value		% Daily Value	
Kilojules	1470kJ	18%	582kJ	7%
Calories	351	18%	139	7%
Total Fat	14.4g	22%	5.7g	9%
Saturated Fat	8.5g	42%	3.4g	17%
Trans Fat	0g	0%	0g	0%
Cholesterol	0g	0%	0g	0%
Sodium	114mg	5%	45.3mg	2%
Total Carbohydrate	32.5g	11%	12.9g	4%
Dietary Fiber	12.74g	51%	5g	20%
Sugars	3.6g		1.4g	
Protein	4.3g	9%	1.7g	3%
Vitamin A	1241IU	25%	492IU	10%
Calcium	149mg	15%	58.9mg	6%
Vitamin C	5.8mg	10%	2.3mg	4%
Iron	2.5mg	14%	1mg	5%

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NutritionData.com

Coriander Base

Ingredients: zucchini, coconut flour, water, coriander, basil
psyllium husk, guar gum, baking powder, tapioca dusting

Nutritional Facts

servicing size	251g		100g	
NET CARBS	19.6g		7.8g	
Amount per serving	% Daily Value		% Daily Value	
Kilojules	1424kj	17%	565kj	7%
Calories	340	17%	102	7%
Total Fat	13.3g	20%	5.3g	8%
Saturated Fat	8.3g	42%	3.3g	17%
Trans Fat	0g	0%	0g	0%
Cholesterol	0g	0%	0g	0%
Sodium	21.7mg	1%	8.6mg	0%
Total Carbohydrate	32.2g	11%	12.8g	4%
Dietary Fiber	12.6g	50%	5g	20%
Sugars	3.6g		1.4g	
Protein	4.5g	9%	1.8g	4%
Vitamin A	1867IU	37%	742IU	15%
Calcium	150mg	15%	59.6mg	6%
Vitamin C	8.3mg	14%	3.3mg	5%
Iron	2.4mg	13%	0.9mg	5%

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Calorie diet. Your daily values may be higher or
Lower depending on your calorie needs.

NutritionData.com

Garlic Base

Ingredients: cauliflower, coconut flour, water, garlic
psyllium husk, guar gum, baking powder, tapioca

Nutritional Facts

servicing size	245g		100g	
Net Carbs	20.1g			
Amount per serving	% Daily Value		% Daily Value	
Kilojules	1470kj	18%	599kj	7%
Calories	351	18%	143	7%
Total Fat	13.7g	21%	5.6g	9%
Saturated Fat	8.4g	42%	3.4g	17%
Trans Fat	0g	0%	0g	0%
Cholesterol	0g	0%	0g	0%
Sodium	31.8mg	1%	13mg	1%
Total Carbohydrate	33.5g	11%	13.7g	5%
Dietary Fiber	13.4g	54%	5.5g	22%
Sugars	4g		1.6g	
Protein	5.7g	11%	2.3g	5%
Vitamin A	13.2IU	3%	5.4IU	0%
Calcium	149mg	15%	60.7mg	6%
Vitamin C	49.3mg	82%	20.2mg	34%
Iron	2.2mg	12%	0.9mg	5%

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Calorie diet. Your daily values may be higher or
Lower depending on your calorie needs.

NutritionData.com

Gluten Free Base

Ingredients: maize flour, water, tapioca starch, potato starch
olive oil, flaxseed flour, guar gum, yeast, sugar, salt

Nutritional Facts

servicing size	240g		100g	
NET CARBS	88.5g			
Amount per serving	% Daily Value		% Daily Value	
Kilojules	2763kj	33%	1164kj	14%
Calories	660	33%	278	14%
Total Fat	27.3g	42%	11.5g	18%
Saturated Fat	3.7g	19%	1.6g	8%
Trans Fat	0g	0%	0g	0%
Cholesterol	0g	0%	0g	0%
Sodium	213mg	9%	89.6mg	4%
Total Carbohydrate	94.1g	31%	39.6g	13%
Dietary Fiber	5.6g	23%	2.4g	9%
Sugars	3.3g		1.4g	
Protein	10.3g	21%	4.3g	9%
Vitamin A	198IU	3%	83.1IU	2%
Calcium	24.3mg	2%	10.2mg	1%
Vitamin C	0.5mg	1%	0.2mg	0%
Iron	1.8mg	10%	0.8mg	4%

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Lower depending on your calorie needs.

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