



The Silly Yak Bakery
Madison, Wisconsin

**NUTRITIONAL ANALYSIS OF
FRESH-BAKED GLUTEN-FREE PRODUCTS**

June 2012



GF BREAD Amaranth 1 Slice	Total Value of Ingredients
Calories	101.8
Total Fat g	2.9
Sat Fat g	1.2
Trans Fat	0.0
Cholesterol mg	23.5
Sodium mg	152.6
Total Carbo g	16.5
Dietary Fiber g	1.3
Sugars g	3.5
Protein g	2.5

GF BREAD Bavarian 1 Slice	Total Value of Ingredients
Calories	173.1
Total Fat g	3.2
Sat Fat g	1.7
Trans Fat	0.0
Cholesterol mg	28.6
Sodium mg	206.8
Total Carbo g	33.0
Dietary Fiber g	1.5
Sugars g	4.4
Protein g	2.3

GF BREAD Brown Rice Swirl 1 slice	Total Value of Ingredients
Calories	111.6
Total Fat g	2.4
Sat Fat g	1.3
Trans Fat	0.0
Cholesterol mg	23.4
Sodium mg	152.5
Total Carbo g	21.3
Dietary Fiber g	1.4
Sugars g	5.5
Protein g	1.9

GF BREAD Buckwheat 1 slice	Total Value of Ingredients
Calories	98.6
Total Fat g	2.4
Sat Fat g	1.3
Trans Fat	0.0
Cholesterol mg	23.5
Sodium mg	154.7
Total Carbo g	17.8
Dietary Fiber g	1.5
Sugars g	3.7
Protein g	2.3

GF BREAD Caraway 1 Slice	Total Value of Ingredients
Calories	159.3
Total Fat g	3.2
Sat Fat g	1.7
Trans Fat	0.0
Cholesterol mg	28.7
Sodium mg	182.6
Total Carbo g	29.5
Dietary Fiber g	1.2
Sugars g	3.0
Protein g	2.4

GF BREAD Cheddar Onion 1 Slice	Total Value of Ingredients
Calories	133.7
Total Fat g	4.3
Sat Fat g	2.5
Trans Fat	0.0
Cholesterol mg	25.4
Sodium mg	146.0
Total Carbo g	21.0
Dietary Fiber g	0.9
Sugars g	2.0
Protein g	2.3

GF BREAD Cinnamon Swirl 1 Slice	Total Value of Ingredients
Calories	138.0
Total Fat g	2.7
Sat Fat g	1.5
Trans Fat	0.0
Cholesterol mg	24.5
Sodium mg	155.7
Total Carbo g	25.8
Dietary Fiber g	1.1
Sugars g	3.1
Protein g	2.0

GF BREAD Classic Rice 1 Slice	Total Value of Ingredients
Calories	157.9
Total Fat g	3.2
Sat Fat g	1.7
Trans Fat	0.0
Cholesterol mg	28.7
Sodium mg	182.5
Total Carbo g	29.1
Dietary Fiber g	1.2
Sugars g	2.7
Protein g	2.4

GF BREAD Cran OJ Toasting 1 Slice	Total Value of Ingredients
Calories	162.5
Total Fat g	3.2
Sat Fat g	1.7
Trans Fat	0.0
Cholesterol mg	28.7
Sodium mg	183.1
Total Carbo g	30.2
Dietary Fiber g	1.4
Sugars g	3.3
Protein g	2.4

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GF BREAD Garlic Cheddar 1 Slice	Total Value of Ingredients
Calories	180.0
Total Fat g	4.6
Sat Fat g	2.6
Trans Fat	0.0
Cholesterol mg	32.7
Sodium mg	197.4
Total Carbo g	31.0
Dietary Fiber g	1.3
Sugars g	2.8
Protein g	2.8

GF BREAD Holiday 1 Slice	Total Value of Ingredients
Calories	160.8
Total Fat g	3.2
Sat Fat g	1.7
Trans Fat	0.0
Cholesterol mg	28.7
Sodium mg	182.6
Total Carbo g	29.6
Dietary Fiber g	1.2
Sugars g	2.9
Protein g	2.4

GF BREAD Holly's Health 1 Slice	Total Value of Ingredients
Calories	143.9
Total Fat g	5.3
Sat Fat g	2.3
Trans Fat	0.0
Cholesterol mg	40.6
Sodium mg	141.1
Total Carbo g	22.1
Dietary Fiber g	2.3
Sugars g	2.3
Protein g	2.6

GF BREAD Honey Brown Rice 1 Slice	Total Value of Ingredients
Calories	116.7
Total Fat g	2.8
Sat Fat g	1.5
Trans Fat	0.0
Cholesterol mg	27.4
Sodium mg	178.6
Total Carbo g	20.9
Dietary Fiber g	1.3
Sugars g	3.1
Protein g	2.3

GF BREAD Honey Oat 1 slice	Total Value of Ingredients
Calories	107.6
Total Fat g	2.8
Sat Fat g	1.3
Trans Fat	0.0
Cholesterol mg	23.5
Sodium mg	153.4
Total Carbo g	18.4
Dietary Fiber g	1.6
Sugars g	4.4
Protein g	2.8

GF BREAD Jalapeno Cheddar 1 Slice	Total Value of Ingredients
Calories	180.9
Total Fat g	4.6
Sat Fat g	2.6
Trans Fat	0.0
Cholesterol mg	32.7
Sodium mg	324.9
Total Carbo g	31.2
Dietary Fiber g	1.3
Sugars g	2.8
Protein g	2.8

GF BREAD Parmesan Garlic 1 Slice	Total Value of Ingredients
Calories	166.9
Total Fat g	3.7
Sat Fat g	2.0
Trans Fat	0.0
Cholesterol mg	30.0
Sodium mg	210.9
Total Carbo g	29.5
Dietary Fiber g	1.2
Sugars g	2.7
Protein g	3.1

GF BREAD Pumpkin 1 Slice	Total Value of Ingredients
Calories	134.6
Total Fat g	4.7
Sat Fat g	2.2
Trans Fat	0.0
Cholesterol mg	22.7
Sodium mg	170.5
Total Carbo g	23.4
Dietary Fiber g	2.5
Sugars g	9.1
Protein g	0.9

GF BREAD Quinoa Poppyseed 1 Slice	Total Value of Ingredients
Calories	98.7
Total Fat g	2.8
Sat Fat g	1.2
Trans Fat	0.0
Cholesterol mg	23.5
Sodium mg	157.0
Total Carbo g	17.8
Dietary Fiber g	1.8
Sugars g	3.7
Protein g	2.4

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GF BREAD Rosemary Red Onion 1 Slice	Total Value of Ingredients
Calories	158.9
Total Fat g	3.2
Sat Fat g	1.7
Trans Fat	0.0
Cholesterol mg	28.7
Sodium mg	182.7
Total Carbo g	29.3
Dietary Fiber g	1.3
Sugars g	2.8
Protein g	2.4

GF BREAD Sesame Sunflower Millet 1 Slice	Total Value of Ingredients
Calories	97.8
Total Fat g	2.4
Sat Fat g	1.2
Trans Fat	0.0
Cholesterol mg	23.5
Sodium mg	153.8
Total Carbo g	17.3
Dietary Fiber g	1.3
Sugars g	3.7
Protein g	2.1

GF BREAD Sourdough 1 Slice	Total Value of Ingredients
Calories	160.2
Total Fat g	3.2
Sat Fat g	1.7
Trans Fat	0.0
Cholesterol mg	28.7
Sodium mg	182.5
Total Carbo g	29.6
Dietary Fiber g	1.4
Sugars g	2.7
Protein g	2.5

GF BREAD Spinach Feta 1 Slice	Total Value of Ingredients
Calories	163.6
Total Fat g	3.6
Sat Fat g	2.0
Trans Fat	0.0
Cholesterol mg	30.2
Sodium mg	206.5
Total Carbo g	29.3
Dietary Fiber g	1.3
Sugars g	2.8
Protein g	2.7

GF BREAD Teff & Pumpkin Seed 1 Slice	Total Value of Ingredients
Calories	103.6
Total Fat g	3.1
Sat Fat g	1.3
Trans Fat	0.0
Cholesterol mg	23.5
Sodium mg	162.2
Total Carbo g	18.4
Dietary Fiber g	1.8
Sugars g	3.7
Protein g	2.4

GF BREAD Tomato Basil Feta 1 Slice	Total Value of Ingredients
Calories	110.7
Total Fat g	2.9
Sat Fat g	1.7
Trans Fat	0.0
Cholesterol mg	20.2
Sodium mg	209.6
Total Carbo g	17.5
Dietary Fiber g	0.7
Sugars g	2.1
Protein g	3.5

GF BREAD Tomato Parm Spinach 1 Slice	Total Value of Ingredients
Calories	159.8
Total Fat g	3.2
Sat Fat g	1.8
Trans Fat	0.0
Cholesterol mg	28.7
Sodium mg	193.0
Total Carbo g	29.3
Dietary Fiber g	1.3
Sugars g	2.8
Protein g	2.5

GF BREAD Wild Rice and Chive 1 Slice	Total Value of Ingredients
Calories	121.6
Total Fat g	2.1
Sat Fat g	1.2
Trans Fat	0.0
Cholesterol mg	18.9
Sodium mg	135.5
Total Carbo g	23.7
Dietary Fiber g	1.0
Sugars g	2.4
Protein g	1.3

GF BREAD Banana 1 Slice	Total Value of Ingredients
Calories	177.1
Total Fat g	6.2
Sat Fat g	3.6
Trans Fat	0.0
Cholesterol mg	48.9
Sodium mg	183.4
Total Carbo g	28.4
Dietary Fiber g	1.0
Sugars g	14.2
Protein g	2.6

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Casein Free GF BREAD Cinnamon Swirl 1 Slice	Total Value of Ingredients
Calories	132.1
Total Fat g	0.8
Sat Fat g	0.2
Trans Fat	0.0
Cholesterol mg	18.8
Sodium mg	168.8
Total Carbo g	29.1
Dietary Fiber g	1.4
Sugars g	4.1
Protein g	1.5

Casein Free GF BREAD Classic Rice 1 Slice	Total Value of Ingredients
Calories	127.2
Total Fat g	0.8
Sat Fat g	0.2
Trans Fat	0.0
Cholesterol mg	18.8
Sodium mg	168.7
Total Carbo g	27.7
Dietary Fiber g	1.3
Sugars g	2.9
Protein g	1.5

Egg Free Casein Free GF Millet Bread 1 slice	Total Value of Ingredients
Calories	160.2
Total Fat g	2.1
Sat Fat g	0.1
Trans Fat	0.0
Cholesterol mg	0.0
Sodium mg	170.4
Total Carbo g	34.9
Dietary Fiber g	1.8
Sugars g	5.3
Protein g	1.8

GF COOKIE Chocolate Chip 1 Cookie	Total Value of Ingredients
Calories	401.2
Total Fat g	18.0
Sat Fat g	11.0
Trans Fat	0.0
Cholesterol mg	62.6
Sodium mg	196.1
Total Carbo g	58.8
Dietary Fiber g	1.0
Sugars g	30.2
Protein g	1.9

GF COOKIE Lemon Burst 1 Cookie	Total Value of Ingredients
Calories	328.7
Total Fat g	16.9
Sat Fat g	9.9
Trans Fat	0
Cholesterol mg	62.4
Sodium mg	153.4
Total Carbo g	42.9
Dietary Fiber g	0.9
Sugars g	21.1
Protein g	1.6

GF Cookie M&M 1 cookie	Total Value of Ingredients
Calories	301.3
Total Fat g	12.6
Sat Fat g	7.8
Trans Fat	0.0
Cholesterol mg	50.2
Sodium mg	159.1
Total Carbo g	45.0
Dietary Fiber g	1.0
Sugars g	22.6
Protein g	2.0

GF COOKIE Monster 1 Cookie	Total Value of Ingredients
Calories	299.5
Total Fat g	13.9
Sat Fat g	4.5
Trans Fat	0.0
Cholesterol mg	35.5
Sodium mg	199.9
Total Carbo g	38.4
Dietary Fiber g	3.4
Sugars g	24.2
Protein g	7.3

GF COOKIE Oatmeal 1 Cookie	Total Value of Ingredients
Calories	354.6
Total Fat g	12.9
Sat Fat g	6.4
Trans Fat	0.0
Cholesterol mg	47.7
Sodium mg	183.7
Total Carbo g	56.0
Dietary Fiber g	3.2
Sugars g	33.1
Protein g	3.9

GF COOKIE Peanut Butter 1 Cookie	Total Value of Ingredients
Calories	304.4
Total Fat g	16.8
Sat Fat g	7.8
Trans Fat	0.0
Cholesterol mg	56.3
Sodium mg	303.1
Total Carbo g	36.9
Dietary Fiber g	1.3
Sugars g	22.8
Protein g	3.5

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GF COOKIE Snickerdoodle 1 Cookie	Total Value of Ingredients
Calories	398.2
Total Fat g	20.0
Sat Fat g	12.3
Trans Fat	0
Cholesterol mg	79.4
Sodium mg	194.1
Total Carbo g	53.8
Dietary Fiber g	1.9
Sugars g	25.0
Protein g	2.0

Casein Free GF COOKIE Chocolate Chip 1 cookie	Total Value of Ingredients
Calories	434.1
Total Fat g	20.8
Sat Fat g	6.9
Trans Fat	0.0
Cholesterol mg	29.1
Sodium mg	109.5
Total Carbo g	59.6
Dietary Fiber g	1.0
Sugars g	30.9
Protein g	1.8

Casein Free GF COOKIE Snickerdoodle 1 cookie	Total Value of Ingredients
Calories	389.1
Total Fat g	21.2
Sat Fat g	5.3
Trans Fat	0
Cholesterol mg	25.6
Sodium mg	52.2
Total Carbo g	47.3
Dietary Fiber g	1.7
Sugars g	22.0
Protein g	1.6

Egg Free Casein Free GF Choc Rasp Cookie 1 Cookie	Total Value of Ingredients
Calories	386.2
Total Fat g	14.1
Sat Fat g	1.7
Trans Fat	0.0
Cholesterol mg	0.0
Sodium mg	231.3
Total Carbo g	68.9
Dietary Fiber g	2.2
Sugars g	49.4
Protein g	1.7

Egg Free Casein Free GF Pumpkin Oat Cookie 1 cookie	Total Value of Ingredients
Calories	344.0
Total Fat g	16.7
Sat Fat g	4.1
Trans Fat	0.0
Cholesterol mg	0.0
Sodium mg	286.3
Total Carbo g	47.7
Dietary Fiber g	2.0
Sugars g	30.4
Protein g	1.6

	Total Value of Ingredients
Calories	
Total Fat g	
Sat Fat g	
Trans Fat	
Cholesterol mg	
Sodium mg	
Total Carbo g	
Dietary Fiber g	
Sugars g	
Protein g	

GF MUFFIN Banana 1 Muffin	Total Value of Ingredients
Calories	463.1
Total Fat g	16.2
Sat Fat g	9.5
Trans Fat	0.0
Cholesterol mg	100.7
Sodium mg	499.0
Total Carbo g	74.4
Dietary Fiber g	2.3
Sugars g	40.6
Protein g	6.0

GF MUFFIN Blueberry 1 Muffin	Total Value of Ingredients
Calories	407.2
Total Fat g	16.8
Sat Fat g	8.4
Trans Fat	0.0
Cholesterol mg	101.1
Sodium mg	363.3
Total Carbo g	64.9
Dietary Fiber g	1.3
Sugars g	32.2
Protein g	3.2

GF MUFFIN Chocolate 1 Muffin	Total Value of Ingredients
Calories	420.0
Total Fat g	16.7
Sat Fat g	8.4
Trans Fat	0.0
Cholesterol mg	101.1
Sodium mg	363.3
Total Carbo g	66.5
Dietary Fiber g	1.9
Sugars g	32.2
Protein g	4.1

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GF MUFFIN Raspberry 1 Muffin	Total Value of Ingredients
Calories	406.7
Total Fat g	16.7
Sat Fat g	8.4
Trans Fat	0.0
Cholesterol mg	101.1
Sodium mg	363.3
Total Carbo g	64.8
Dietary Fiber g	1.3
Sugars g	32.5
Protein g	3.3

Casein Free GF MUFFIN Blueberry 1 Muffin	Total Value of Ingredients
Calories	349.9
Total Fat g	9.5
Sat Fat g	1.2
Trans Fat	0.0
Cholesterol mg	67.5
Sodium mg	168.6
Total Carbo g	63.9
Dietary Fiber g	1.2
Sugars g	32.7
Protein g	3.0

Casein Free GF MUFFIN Raspberry 1 Muffin	Total Value of Ingredients
Calories	349.5
Total Fat g	9.4
Sat Fat g	1.2
Trans Fat	0.0
Cholesterol mg	67.5
Sodium mg	168.5
Total Carbo g	63.8
Dietary Fiber g	1.3
Sugars g	33.1
Protein g	3.0

GF SCONE Blueberry 1/2 Scone	Total Value of Ingredients
Calories	353.9
Total Fat g	15.3
Sat Fat g	9.1
Trans Fat	0.0
Cholesterol mg	83.4
Sodium mg	413.6
Total Carbo g	51.3
Dietary Fiber g	1.8
Sugars g	10.2
Protein g	3.3

GF SCONE Coffee Chocolate Chip 1/2 Scone	Total Value of Ingredients
Calories	379.1
Total Fat g	17.0
Sat Fat g	10.2
Trans Fat	0.0
Cholesterol mg	83.4
Sodium mg	413.4
Total Carbo g	53.9
Dietary Fiber g	1.5
Sugars g	13.8
Protein g	3.3

GF SCONE Raspberry Choc Chip 1/2 Scone	Total Value of Ingredients
Calories	380.4
Total Fat g	17.0
Sat Fat g	10.2
Trans Fat	0.0
Cholesterol mg	83.4
Sodium mg	413.4
Total Carbo g	54.2
Dietary Fiber g	1.6
Sugars g	13.9
Protein g	3.3

Casein Free GF SCONE Blueberry 1/2 Scone	Total Value of Ingredients
Calories	386.3
Total Fat g	18.2
Sat Fat g	4.6
Trans Fat	0.0
Cholesterol mg	46.9
Sodium mg	299.9
Total Carbo g	51.9
Dietary Fiber g	1.8
Sugars g	10.1
Protein g	2.8

Casein Free GF SCONE Coffee Chocolate Chip 1/2 Scone	Total Value of Ingredients
Calories	411.6
Total Fat g	19.9
Sat Fat g	5.7
Trans Fat	0.0
Cholesterol mg	46.9
Sodium mg	299.8
Total Carbo g	54.5
Dietary Fiber g	1.5
Sugars g	13.7
Protein g	2.7

Casein Free GF SCONE Raspberry Choc Chip 1/2 Scone	Total Value of Ingredients
Calories	412.9
Total Fat g	19.9
Sat Fat g	5.7
Trans Fat	0.0
Cholesterol mg	46.9
Sodium mg	299.8
Total Carbo g	54.8
Dietary Fiber g	1.6
Sugars g	13.8
Protein g	2.8

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GF BISCOTTI Almond 1 Biscotti	Total Value of Ingredients
Calories	214.7
Total Fat g	9.4
Sat Fat g	4.4
Trans Fat	0.0
Cholesterol mg	44.4
Sodium mg	91.0
Total Carbo g	28.3
Dietary Fiber g	0.9
Sugars g	13.6
Protein g	2.5

GF GRANOLA with Fruit 1 ounce	Total Value of Ingredients
Calories	118.4
Total Fat g	2.6
Sat Fat g	0.4
Trans Fat	0.0
Cholesterol mg	0.0
Sodium mg	16.5
Total Carbo g	20.9
Dietary Fiber g	2.7
Sugars g	9.4
Protein g	3.1

GF BROWNIE Brownie 1 Brownie	Total Value of Ingredients
Calories	301.0
Total Fat g	17.7
Sat Fat g	10.9
Trans Fat	0.0
Cholesterol mg	99.6
Sodium mg	186.5
Total Carbo g	32.3
Dietary Fiber g	1.1
Sugars g	26.9
Protein g	2.9

GF CINNAMON ROLL Cinnamon Roll 1 Cinnamon Roll	Total Value of Ingredients
Calories	416.4
Total Fat g	8.9
Sat Fat g	5.3
Trans Fat	0.0
Cholesterol mg	22.6
Sodium mg	365.8
Total Carbo g	79.9
Dietary Fiber g	2.8
Sugars g	25.2
Protein g	3.4

GF CHEESECAKE Plain Cheesecake 1 Large Piece	Total Value of Ingredients
Calories	598.1
Total Fat g	38.1
Sat Fat g	24.3
Trans Fat	0.0
Cholesterol mg	227.0
Sodium mg	412.0
Total Carbo g	50.4
Dietary Fiber g	0.4
Sugars g	42.5
Protein g	9.2

GF COFFEE CAKE Sour Cream 1 Large Piece	Total Value of Ingredients
Calories	306.0
Total Fat g	17.3
Sat Fat g	10.4
Trans Fat	0.0
Cholesterol mg	84.7
Sodium mg	145.5
Total Carbo g	34.7
Dietary Fiber g	0.7
Sugars g	17.4
Protein g	2.8

GF DONUT Chocolate w/Sprinkles 1 Donut	Total Value of Ingredients
Calories	434.3
Total Fat g	17.4
Sat Fat g	8.6
Trans Fat	0.0
Cholesterol mg	84.4
Sodium mg	161.7
Total Carbo g	67.1
Dietary Fiber g	1.4
Sugars g	35.3
Protein g	3.3

GF DONUT Vanilla w/Sprinkles 1 Donut	Total Value of Ingredients
Calories	424.9
Total Fat g	16.8
Sat Fat g	8.2
Trans Fat	0.0
Cholesterol mg	84.4
Sodium mg	151.7
Total Carbo g	65.8
Dietary Fiber g	0.8
Sugars g	35.4
Protein g	2.7