



The Silly Yak Bakery  
Madison, Wisconsin

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

July 2009



GF PRODUCT: Amaranth Bread 1 Slice	Total Value of Ingredients
Calories	138
Total Fat g	3.9
Sat Fat g	1.7
Trans Fat	0
Cholesterol mg	28.6
Sodium mg	180.9
Total Carb g	23
Dietary Fiber g	1.6
Sugars g	3.7
Protein g	2.8

GF PRODUCT: Buckwheat Bread 1 Slice	Total Value of Ingredients
Calories	145.3
Total Fat g	3.5
Sat Fat g	1.9
Trans Fat	0
Cholesterol mg	28.6
Sodium mg	182.6
Total Carb g	26.6
Dietary Fiber g	2.3
Sugars g	4.3
Protein g	3.2

GF PRODUCT: Classic Rice Bread 1 Slice	Total Value of Ingredients
Calories	88.6
Total Fat g	1.9
Sat Fat g	1
Trans Fat	0
Cholesterol mg	17.2
Sodium mg	93.4
Total Carb g	16.1
Dietary Fiber g	0.5
Sugars g	1.4
Protein g	1.3

GF PRODUCT: Sesame Sunflower Millet Bread - 1 Slice	Total Value of Ingredients
Calories	148
Total Fat g	3.5
Sat Fat g	1.7
Trans Fat	0
Cholesterol mg	28.6
Sodium mg	181.9
Total Carb g	26.5
Dietary Fiber g	0.8
Sugars g	3.3
Protein g	2.8

GF PRODUCT: Rosemary Red Onion Bread - 1 Slice	Total Value of Ingredients
Calories	109.3
Total Fat g	2.1
Sat Fat g	1.2
Trans Fat	0
Cholesterol mg	18.9
Sodium mg	114.6
Total Carb g	20.7
Dietary Fiber g	0.9
Sugars g	1.9
Protein g	1.2

GF PRODUCT: Wild Rice & Chive Bread 1 Slice	Total Value of Ingredients
Calories	113.3
Total Fat g	2.2
Sat Fat g	1.2
Trans Fat	0
Cholesterol mg	18.9
Sodium mg	114.7
Total Carb g	21.6
Dietary Fiber g	1
Sugars g	1.9
Protein g	1.4

GF PRODUCT: Casein-Free Rice Millet Bread - 1 Slice	Total Value of Ingredients
Calories	118.8
Total Fat g	0.8
Sat Fat g	0.2
Trans Fat	0
Cholesterol mg	17.6
Sodium mg	156.8
Total Carb g	25.8
Dietary Fiber g	0.8
Sugars g	2.2
Protein g	1.4

GF PRODUCT: Helen's Health Bread - 1 Slice	Total Value of Ingredients
Calories	129.6
Total Fat g	5.4
Sat Fat g	1.7
Trans Fat	0
Cholesterol mg	32.5
Sodium mg	113
Total Carb g	18.1
Dietary Fiber g	2.8
Sugars g	1.7
Protein g	2.8

GF PRODUCT: Banana Muffin 1 Muffin	Total Value of Ingredients
Calories	463.1
Total Fat g	16.2
Sat Fat g	9.5
Trans Fat	0
Cholesterol mg	100.7
Sodium mg	499
Total Carb g	74.4
Dietary Fiber g	2.3
Sugars g	40.6
Protein g	6

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GF PRODUCT: Peanut Butter Cookie 1 Cookie	Total Value of Ingredients
Calories	323.3
Total Fat g	12.3
Sat Fat g	6.5
Trans Fat	0
Cholesterol mg	53
Sodium mg	293.6
Total Carb g	50.6
Dietary Fiber g	1.3
Sugars g	22.2
Protein g	3.1

GF PRODUCT: Snickerdoodle Cookie 1 Cookie	Total Value of Ingredients
Calories	322.6
Total Fat g	16.5
Sat Fat g	10.1
Trans Fat	0
Cholesterol mg	75.8
Sodium mg	160.3
Total Carb g	40.7
Dietary Fiber g	1.1
Sugars g	18.8
Protein g	2.5

GF PRODUCT: Oatmeal Cookie 1 Cookie	Total Value of Ingredients
Calories	494.2
Total Fat g	23.2
Sat Fat g	13.2
Trans Fat	0
Cholesterol mg	73.9
Sodium mg	226.7
Total Carb g	70
Dietary Fiber g	6.9
Sugars g	42.4
Protein g	4

GF PRODUCT: Chocolate Chip Cookie 1 Cookie	Total Value of Ingredients
Calories	454.9
Total Fat g	20.6
Sat Fat g	12.7
Trans Fat	0
Cholesterol mg	67.4
Sodium mg	211
Total Carb g	52.7
Dietary Fiber g	14.4
Sugars g	34.9
Protein g	2.1

GF PRODUCT: Sugar Cookie 1 Cookie	Total Value of Ingredients
Calories	263.7
Total Fat g	12.8
Sat Fat g	5.4
Trans Fat	0
Cholesterol mg	37.9
Sodium mg	162.8
Total Carb g	35.6
Dietary Fiber g	0.8
Sugars g	13.3
Protein g	1.4

GF PRODUCT: Cheesecake * 1 Large Piece	Total Value of Ingredients
Calories	598.1
Total Fat g	38.1
Sat Fat g	24.3
Trans Fat	0
Cholesterol mg	227
Sodium mg	412
Total Carb g	50.4
Dietary Fiber g	0.4
Sugars g	42.5
Protein g	9.2

GF PRODUCT: Sour Cream Coffee Cake 1 Large Piece	Total Value of Ingredients
Calories	306
Total Fat g	17.3
Sat Fat g	10.4
Trans Fat	0
Cholesterol mg	84.7
Sodium mg	145.5
Total Carb g	34.7
Dietary Fiber g	0.7
Sugars g	17.4
Protein g	2.8

GF PRODUCT: Scone (No Fruit) 1/2 Scone	Total Value of Ingredients
Calories	272
Total Fat g	11.6
Sat Fat g	6.9
Trans Fat	0
Cholesterol mg	62.7
Sodium mg	256.9
Total Carb g	37.5
Dietary Fiber g	1.3
Sugars g	8.3
Protein g	3.3

GF PRODUCT: Brownie 1 Brownie	Total Value of Ingredients
Calories	301
Total Fat g	17.7
Sat Fat g	10.9
Trans Fat	0
Cholesterol mg	99.6
Sodium mg	186.5
Total Carb g	32.3
Dietary Fiber g	1.1
Sugars g	26.9
Protein g	2.9

Sources:

1. [www.nat.uiuc.edu](http://www.nat.uiuc.edu)
2. [www.nutritiondata.com](http://www.nutritiondata.com)

\* cheesecakes are not shippable