

# Gluten Free Bread

Flour	Protein (%)	Fiber (%)
Almond	21.4	10.7
Amaranth	13.0	10.0
Arrowroot	0.0	3.1
Brown Rice	7.5	5.0
Buckwheat	13.3	13.3
Coconut	14.3	35.7
Fava	27.0	24.2
Garbanzo	20.0	16.7
Millet	10.0	13.3
Oat	17.5	10.0
Potato Flour	0.1	5.9
Potato Starch	0.0	0.0
Quinoa	13.0	5.9
Sorghum	11.8	8.8
Soy	35.7	10.7
Tapioca Starch	0.0	0.0
Teff	13.0	13.3
White Rice	5.0	2.5

