



GLUTEN FREE FLOUR

All-purpose flours



GLUTEN FREE FLOURS





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OUR COMPANY

Sunny Mills Foods is a Panamanian company specialized in the processing, packaging and distribution of gluten-free food products, 100% natural, with great flavor and quality. Our company has been processing a variety of foods such as tubers and grains, obtaining a wide and diverse line of food products, commercialized under our brand Sunny Mills. Also, we offer flour and other ingredients for the food service industry.

A photograph of various gluten-free flours is positioned at the bottom of the page. It shows several white ceramic bowls and metal measuring cups filled with different types of powders, likely flours, arranged on a dark wooden surface. The background is a warm, orange-toned gradient.

Flours from a variety of tubers, grains and other local products, are offered as retail consumer products and as gluten-free ingredients for food service applications.



OUR PRODUCTS

Sunny Mills has a unique selection of all-purpose gluten free flours, conveniently packaged in 1-pound bags (16 oz), and ready for retail distribution at supermarkets, convenience stores, minimarkets, Deli Shops, and more. We also offer flour as raw material for the food industry and any business that offers finished product. The products apply to a wide variety of consumers or users, like those who suffer from Celiac Disease, gluten sensitivities, or simply those interested in consuming or offering to their customers more natural, unprocessed and therefore healthy foods. Sunny Mills products are Kosher Certified.

Sunny Mills presents its products:



**RICE FLOUR | SWEET POTATO FLOUR | BEANS FLOUR | LENTILS FLOUR
YAM FLOUR | POTATO FLOUR | PLANTAIN FLOUR | CASSAVA FLOUR**



Description: Rice Flour is natural, hypoallergenic, gluten-free. It is softer, thinner and easier to digest than wheat flour. It contains lots of starch. It provides B vitamins, essential to our health.

Uses: Rice Flour is used mainly as an ingredient for the manufacture of bread, noodles and sweets. It serves as a thickener especially for sauces and many recipes.

Shelf life: 12 months

SPECIFICATIONS FOR RETAIL PACKING

Item	Bags	Barcode Ean 13	Box Dimensions	Units per box	Boxes per level	Palet weight
RICE FLOUR	16 oz (454g)	7451108150266	13"x11.5"x 8"	18	16x4/Palet	518.40 Kgs



Nutrition Facts			
Serving Size 100g			
Servings Per Container 4			
Amount Per Serving			
Calories 366	Calories from Fat	12	
% Daily Value*			
Total Fat 1g			2%
Saturated Fat 0g			2%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 80g			27%
Dietary Fiber 2g			10%
Sugars 0g			
Protein 6g			
Vitamin A			• Vitamin C
Calcium 1%			• 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: 100% white rice
Sunny Mills Rice Flour
is made without additives or preservatives.
Gluten free



Description: The Sweet Potato Flour is natural, hypoallergenic, gluten-free, with good texture. Rich in complex carbohydrates, dietary fiber, beta carotene (vitamin A equivalent nutrient), vitamin C and vitamin B. It contains more energy than edible wheat, rice and cassava.

Uses: Sweet Potato Flour can be used to make bread, arepas, cookies, biscuits, sweets.

Shelf life: 12 months

SPECIFICATIONS FOR RETAIL PACKING

Item	Bags	Barcode Ean 13	Box Dimensions	Units per box	Boxes per level	Palet weight
SWEET POTATO FLOUR	16 oz (454g)	7451108150020	13"x11.5"x 8"	18	16x4/Palet	518.40 Kgs



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Ingredients: 100% sweet potato
Sunny Mills Sweet Potato Flour
 is made without additives or preservatives.
Gluten free



Description: The Beans Flour is natural, hypoallergenic, gluten-free, good texture. It is rich in protein, soluble and insoluble fiber, folic acid, magnesium, potassium. Strengthens cardiovascular health. The soluble fiber in beans meal is beneficial to the heart and to the digestive tract. It provides antioxidant and anti-aging properties.

Uses: Beans Flour can be used to prepare breads, creams, desserts, gelatins, pancakes, among others.

Shelf life: 12 months

SPECIFICATIONS FOR RETAIL PACKING

Item	Bags	Barcode Ean 13	Box Dimensions	Units per box	Boxes per level	Palet weight
BEANS FLOUR	16 oz (454g)	7451108150235	13"x11.5"x 8"	18	16x4/Palet	518.40 Kgs



Nutrition Facts

Serving Size 100g

Servings Per Container 4

Amount Per Serving	
Calories 337	Calories from Fat 9
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 12mg	1%
Total Carbohydrate 61g	20%
Dietary Fiber 15g	61%
Sugars 2g	
Protein 23g	

Vitamin A 0% • Vitamin C 8%

Calcium 8% • Iron 37%

* 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: 100% beans
Sunny Mills Beans Flour
is made without additives or preservatives.
Gluten free



Description: The Lentils Flour is natural, hypoallergenic, gluten-free. It is a good source of iron and magnesium. The fiber helps reduce cholesterol levels, keep blood sugar stable and prevent constipation.

Uses: Lentils Flour can be used alone or mixed with other flours to make breads, pastries, cakes and other similar foods providing more nutrients to the mix.

Shelf life: 12 months

SPECIFICATIONS FOR RETAIL PACKING

Item	Bags	Barcode Ean 13	Box Dimensions	Units per box	Boxes per level	Palet weight
LENTILS FLOUR	16 oz (454g)	7451108150273	13"x11.5"x 8"	18	16x4/Palet	518.40 Kgs



Nutrition Facts

Serving Size 100g			
Servings Per Container 4			
Amount Per Serving			
Calories 353		Calories from Fat 10	
% Daily Value*			
Total Fat 1g		2%	
Saturated Fat 0g		1%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 6mg		0%	
Total Carbohydrate 60g		20%	
Dietary Fiber 30g		122%	
Sugars 2g			
Protein 26g			
Vitamin A 1%		Vitamin C 7%	
Calcium 6%		Iron 42%	
* 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: 100% lentils
Sunny Mills Lentils Flour
is made without additives or preservatives.
Gluten free



Description: The Yam Flour is natural, hypoallergenic, gluten-free, good texture. Yams helps strengthen the body's lymph system, strengthening defenses and helps eliminate excess accumulated liquid. It also has anti-inflammatory properties. It has a lot of phytoestrogens.

Uses: Yam Flour can be used for making bread, arepas, cookies, cakes, candies, creams, thickener for soups, can be used as binder, among other uses.

Shelf life: 12 months

SPECIFICATIONS FOR RETAIL PACKING

Item	Bags	Barcode Ean 13	Box Dimensions	Units per box	Boxes per level	Palet weight
YAM FLOUR	16 oz (454g)	7451108150242	13"x11.5"x 8"	18	16x4/Pallet	518.40 Kgs



Nutrition Facts			
Serving Size 100g			
Servings Per Container 4			
Amount Per Serving			
Calories 118		Calories from Fat 1	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 9mg		0%	
Total Carbohydrate 28g		9%	
Dietary Fiber 4g		16%	
Sugars 0g			
Protein 2g			
Vitamin A 3%		Vitamin C 28%	
Calcium 2%		Iron 3%	
* 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: 100% yam
Sunny Mills Yam Flour
is made without additives or preservatives.
Gluten free



Description: Potato Flour is natural, hypoallergenic, gluten-free, good texture. It is recommended for people with digestive problems. It contains a significant amount of potassium which is essential for the transmission of nerve impulses and muscle function.

Uses: Potato Flour can be used to prepare pies, pastas, sauces thickener, binder, creams, among other uses.

Shelf life: 12 months

SPECIFICATIONS FOR RETAIL PACKING

Item	Bags	Barcode Ean 13	Box Dimensions	Units per box	Boxes per level	Palet weight
POTATO FLOUR	16 oz (454g)	7451108150297	13"x11.5"x 8"	18	16x4/Palet	518.40 Kgs



Nutrition Facts

Serving Size 100g	
Servings Per Container 4	
Amount Per Serving	
Calories 357	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 83g	28%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 7g	
Vitamin A 0%	Vitamin C 6%
Calcium 7%	Iron 8%
* 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: 100% potato
Sunny Mills Potato Flour
is made without additives or preservatives.
Gluten free



Description: The Plantain Flour is natural, hypoallergenic, great for people with digestive problems, gluten-free. It has good texture and pleasant taste. The green plantain is a fruit known for helping digestive processes and regeneration of healthy tissues. It provides the body with energy, vitamins and protein for optimal performance.

Uses: Plantain Flour can be used to make breads, cookies, cakes, candies, to thicken soups, among others.

Shelf life: 12 months

SPECIFICATIONS FOR RETAIL PACKING

Item	Bags	Barcode Ean 13	Box Dimensions	Units per box	Boxes per level	Palet weight
PLANTAIN FLOUR	16 oz (454g)	7451108150013	13"x11.5"x 8"	18	16x4/Palet	518.40 Kgs



Nutrition Facts			
Serving Size 100g			
Servings Per Container 4			
Amount Per Serving			
Calories 360	Calories from Fat 3.6		
% Daily Value*			
Total Fat 0.4g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 84g			28%
Dietary Fiber 2g			9%
Sugars 15g			
Protein 4g			6%
Vitamin A 23%	•	Vitamin C 180%	
Calcium 11%	•	Iron 1%	
* 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: 100% plantain
Sunny Mills Plantain Flour
is made without additives or preservatives.
Gluten free



Description: Cassava Flour is natural, hypoallergenic, gluten-free. Excellent as a thickener, adding texture to sauces. It is also used as an extender in the preparation of burgers and sausages.

Uses: Cassava Flour can be used to prepare breads, pasta, arepas, cookies, cakes, candies, to thicken soups, among others.

Shelf life: 12 months

SPECIFICATIONS FOR RETAIL PACKING

Item	Bags	Barcode Ean 13	Box Dimensions	Units per box	Boxes per level	Palet weight
CASSAVA FLOUR	16 oz (454g)	7451108150037	13"x11.5"x 8"	16	16x4/Palet	460.8 Kgs



Nutrition Facts

Serving Size 100g		
Servings Per Container 4		
Amount Per Serving		
Calories 360	Calories from Fat	3.6
% Daily Value*		
Total Fat 0.9g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		14%
Total Carbohydrate 81g		27%
Dietary Fiber 2g		7%
Sugars 2g		
Protein 5g		9%
Vitamin A 0%	Vitamin C 130%	
Calcium 16%	Iron 1%	
* 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: 100% cassava
Sunny Mills Cassava Flour
is made without additives or preservatives.
Gluten free



We have strict quality control systems in our facilities to ensure that the packaging of the products is uniform.

DISTRIBUTION CONDITIONS

MINIMUM ORDER:	64 boxes of a single product or product mix
PAYMENT TERMS:	Cash Banking Factoring
DELIVERY TIME (EXPORT):	Maximum 30 days after confirmed purchase

RETURN POLICY AND COMPLAINTS

No returns will be accepted on damaged inventory due to negligence of our client's staff or their storage facilities, such as: damage caused by carts, elevators or any difficulties at client's facilities.

All claims on product quality or quantity must be filed in writing and must mention the production code.

No returns will be accepted on expired inventory. These items should be discarded through written authorization from Sunny Mills Foods and this service will be provided by the company that our client uses to discard their own products.





This is the value proposition for our consumers:

Sunny Mills flour is the best choice for those who want to incorporate quality products in their diet, with a unique selection of hypoallergenic, gluten-free, nutritious and 100% natural products, processed without preservatives or additives, and best of all... delicious and easy to use in their favorite recipes!



PROMOTIONAL SUPPORT

- Promotional support will be agreed with the distributor of our products.
- Promotional material for points of sales
In-store demonstrations and tastings of our products are made, for a minimum purchase of 10 boxes in retail.
- Recipes, samples and catalogs available.





Processed, packaged
and distributed by:
Sunny Mills Foods



Province of Panama Oeste, Arraijan,
Parque del Oeste, #34
El Chumical de las Minas, Farm #35,
Herrera, Republic of Panama.

Phone: (507) 6949-8174
E-mail: info@sunnymillsfoods.com
www.sunnymillsfoods.com



Processed, packaged and distributed by: Sunny Mills Foods
Panama, Republic of Panama | Arraijan, Parque del Oeste, #34

Phone: (507) 6949-8174 | E-mail: info@sunnymillsfoods.com | www.sunnymillsfoods.com

