

Teff

| Nutritional Information | | | |
|---|-----------|----------------------|---------------------------|
| Serving Size: | | approx 1/4 cup (45g) | |
| Amount per Serving | | | |
| Calories | 160 | Calories from Fat: | 10 |
| % Daily Value * | | | |
| Total Fat | 1 g | | 2 % |
| Saturated Fat | 0 g | | 0 % |
| <i>Trans</i> Fat | 0 g | | |
| Cholesterol | 0 mg | | 0 % |
| Sodium | 5 mg | | 0 % |
| Total Carbohydrates | 32 g | | 11 % |
| Dietary Fiber | 6 g | | 24 % |
| Sugars | 0 g | | |
| Protein | 5 g | | |
| | | | |
| Vitamin A | 0% | Vitamin C | 0 % |
| Calcium | 8% | Iron | 20 % |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65 g | 80 g |
| Sat Fat | Less than | 20 g | 25 g |
| Cholesterol | Less than | 300 mg | 300 mg |
| Sodium | Less than | 2,400 mg | 2,400 mg |
| Total Carbohydrates | | 300 g | 375 g |
| Dietary Fiber | | 25 g | 30 g |
| | | | |
| Calories per gram | | | |
| | Fat | 9 | Carbohydrates 4 Protein 4 |

Ingredients

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*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.