## Wheat-Durum

Calories         339         Calories from Fat:         21           "Dotal Fat         2 g         4 %           Saturated Fat         0 g         2 %           Trans Fat         0 g         0 %           Cholesterol         0 mg         0 %           Sodium         2 mg         0 %           Total Carbohydrates         71 g         24 %           Dietary Fiber         ~ g         0 %           Sugars         ~ g         0 %           Protein         14 g           Vitamin A         0%         Vitamin C         0 %           Calcium         3%         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	Serving Size: Serving per Container	100g :				
Total Fat   2 g	Amount per Serving					
Total Fat   2 g   4 %	Calories	339	Calories fro	om F	at:	21
Total Fat   2 g   4 %			% [	aily	Value *	ners to
Saturated Fat         0 g         2 %           Trans Fat         0 g         0 %           Cholesterol         0 mg         0 %           Sodium         2 mg         0 %           Total Carbohydrates         71 g         24 %           Dietary Fiber         ~ g         0 %           Sugars         ~ g         0 %           Protein         14 g         0 %           Vitamin A         0 %         Vitamin C         0 %           Calcium         3 %         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         g           Sat Fat         Less than         20 g         25 g           Cholesterol         Less than         300 mg         300 mg         300 mg           Sodium         Less than         2,400 mg         2,400 mg         2,400 mg           Total Carbohydrates         300 g         375 g         375 g	Total Fat	2				%
Trans Fat         0 g           Cholesterol         0 mg         0 %           Sodium         2 mg         0 %           Total Carbohydrates         71 g         24 %           Dietary Fiber         ~ g         0 %           Sugars         ~ g         0 %           Protein         14 g           Vitamin A         0%         Vitamin C         0 %           Calcium         3%         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         g           Sat Fat         Less than         20 g         25 g           Cholesterol         Less than         300 mg         300 mg         300 mg           Sodium         Less than         2,400 mg         2,400 mg         2,400 mg           Total Carbohydrates         300 g         375 g	Saturated Fat				2	%
Sodium   2 mg   0 %	Trans Fat					
Total Carbohydrates	Cholesterol	0	mg			
Dietary Fiber	Sodium					
Sugars		71	g			
Vitamin A         0%         Vitamin C         0 %           Calcium         3%         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         80 g           Sat Fat         Less than         20 g         25 g         25 g           Cholesterol         Less than         300 mg         300 mg         300 mg           Sodium         Less than         2,400 mg         2,400 mg         2,400 mg         2,400 mg           Total Carbohydrates         300 g         375 g         375 g         375 g	Dietary Fiber	~	g		0	%
Vitamin A         0%         Vitamin C         0 %           Calcium         3%         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	Sugars					
Calcium         3%         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	Protein	14	g			_
* 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	Vitamin A	0%	Vitam	in C		
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	Calcium	3%		Iron	20	%
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	Your daily values may calorie needs.	be higher or Calories:	lower deper 2,000		, on 2,500	
Cholesterol         Less than         300 mg         300 mg           Sodium         Less than         2,400 mg         2,400 mg           Total Carbohydrates         300 g         375 g	Total Fat		11.00	g		
Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Sat Fat			-		-
Total Carbohydrates 300 g 375 g						
		Less than		-		_
Dietary Fiber 25 g 30 g				g		-
	Dietary Fiber		25	g	30	g

Ingredients:

Wheat