

Wheat-Hard Red Spring

Nutrition Facts				
Serving Size:		100g		
Serving per Container:				
Amount per Serving				
Calories	329	Calories from Fat:	16	
% Daily Value *				
Total Fat	2 g	3 %		
Saturated Fat	0 g	2 %		
<i>Trans</i> Fat	0 g			
Cholesterol	0 mg	0 %		
Sodium	2 mg	0 %		
Total Carbohydrates	68 g	23 %		
Dietary Fiber	12 g	49 %		
Sugars	0 g			
Protein	15 g			
Vitamin A	0%	Vitamin C	0 %	
Calcium	2%	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: Wheat

*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.