



Nutrition Facts

8 servings per container

Serving size 2 oz (56g)

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 42g 15%

Dietary Fiber 3g 11%

Soluble Fiber 2g

Insoluble Fiber 1g

Total Sugars 1g

Protein 7g

Vitamin D 0mcg 0%

Calcium 12mg 0%

Iron 2mg 10%

Potassium 118mg 2%

Thiamin 0.5mg 40%

Riboflavin 0.2mg 15%

Niacin 5mg 30%

Folate 199mcg DFE 50%
(112mcg folic acid)

Not a significant source of added sugars.

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: SEMOLINA (WHEAT), DURUM WHEAT FLOUR.

VITAMINS/MINERALS: VITAMIN B3 (NIACIN), IRON (FERROUS SULFATE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID.

CONTAINS WHEAT INGREDIENTS.