



Nutrition Facts

About 75 servings per container

Serving size $\frac{1}{4}$ cup (30g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Iron 0.6mg	4%
Potassium 110mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.04mg	2%
Niacin 1.3mg	8%
Folate 10mcg DFE	2%

Not a significant source of vitamin D, calcium and folic acid.

*The % Daily Value is based on a diet of 2,000 calories a day. Use for general reference only.

Ingredients: Whole Wheat Flour.