



Nutrition Facts		
About 75 servings per container		
Serving size	¼ 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 (DV) 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		

Ingredients: Whole Wheat Flour.

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