



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 4g 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 (NIAICIN), IRON

(FERROUS SULFATE), VITAMIN

B1 (THIAMINE MONONITRATE),

VITAMIN B2 (RIBOFLAVIN),

FOLIC ACID.

CONTAINS WHEAT INGREDIENTS.