



3, 5

Nutrition Facts

Serving Size 2 oz (56g)
Servings Per Container about 8

| Amount Per Serving | |
|-------------------------------|----------------------|
| Calories 180 | Calories from Fat 15 |
| % Daily Value* | |
| Total Fat 1.5g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 39g | 13% |
| Dietary Fiber 6g | 24% |
| Soluble Fiber 1g | |
| Insoluble Fiber 5g | |
| Sugars 2g | |
| Protein 8g | |
| Iron 20% | • Thiamin 15% |
| Niacin 25% | • Folate 4% |
| Phosphorus 25% | • Magnesium 20% |
| Manganese 80% | |

Not a significant source of vitamin A, vitamin C and calcium.
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | |
|-----------------------------------|---------------------------------|
| <small>Calories per gram:</small> | |
| <small>Fat 9</small> | <small>• Carbohydrate 4</small> |
| <small>• Protein 4</small> | |

INGREDIENTS: WHOLE GRAIN DURUM WHEAT FLOUR. CONTAINS WHEAT INGREDIENTS.