

Hard Red Wheat

Nutrition Facts

394 servings per container

Serving size 1/4 Cup (46g) Dry

Amount per serving

Calories **150**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 33g **12%**

Dietary Fiber 6g **21%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 6g

Vitamin D 0mcg **0%**

Calcium 13mg **2%**

Iron 1mg **6%**

Potassium 167mg **4%**

*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 nutrition advice.

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Stock up on hard red wheat to add essential grains to your food storage. Whether cooked to make cereal, sprouted to add in salads or ground into flour for wheat bread, it's adaptable to any diet. And, its high protein content and rustic taste make it ideal for any emergency food storage.

Also can add to crockpot soup for enhanced texture, taste and nutrition.

INGREDIENTS: Hard red wheat.

Contains allergen: Wheat.