

Hard White Wheat

Nutrition Facts

256 servings per container

Serving size 1/4 Cup (46g)

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 2g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 24mg 2%

Iron 2mg 10%

Potassium 199mg 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.

11183-080417

Wheat has been a staple food for centuries for good reason. Wheat can be baked, boiled and ground into flour, and it has a mild flavor that compliments both sweet and savory dishes.

Use to bake delicious breads, rolls, cookies, pastries, and in your favorite recipes.

INGREDIENTS: Hard white wheat.

Contains allergen: Wheat.