

# Hard Red Wheat

## Nutrition Facts

256 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.

11184-080417

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 red wheat.

**Contains allergen:** Wheat.