

Nutrition Facts

About 23 servings per container

Serving size 1 Cup (100g)

Amount per serving

Calories 170

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 36g 13%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 2mg 0%

Iron 1mg 6%

Potassium 95mg 2%

*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

Ingredients: Durum Wheat Semolina, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic acid,
Water. Contains: Wheat