

NUTRITION FACTS

Serving Size (40g) (approx)

Servings per Container Varied

Amount per Serving

Calories 140

Calories from Fat 10

% Daily Value*

Total Fat 1g

1 %

Saturated Fat 0g

0 %

Trans Fat 0g

Cholesterol 0mg

0 %

Sodium 0mg

0 %

Total Carbohydrate 29g

10 %

Fiber 7g

28 %

Sugars 0g

Protein 5g

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 8%

Vitamin E 0%

Niacin 0%

Phosphorus 0%

Magnesium 0%

Manganese 0%

Last Changed: 8/12/2013

Ing: 100% hulled barley flakes. Product information/materials may change. Refer to the package or call for updates.

Last Changed: 3/26/2013