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Nutrition Facts

Serving Size 2 oz (56g/ fraction of package) dry

Amount Per Serving

Calories **200**

% Daily Value*

Total Fat 1g	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 42g	15 %
Dietary Fiber 2g	6 %
Total Sugars 2g	
Includes 0g Added Sugars	0 %

Protein 7g

Vitamin D 0mcg	0 %
Calcium 0mg	0 %
Iron 1.8mg	10 %
Potassium 120mg	2 %
Thiamine	40 %
Riboflavin	15 %
Niacin	20 %
Folate 200mcg DFE (110mcg folic acid)	50 %

*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.

Ingredient declaration

SEMOLINA, NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.