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Nutrition Facts

Serving Size 1 Cup (56g) dry

Amount Per Serving

Calories 210

% Daily Value*

Total Fat 2.5g 3 %

Saturated Fat 1g 4 %

Trans Fat 0g

Cholesterol 70mg 24 %

Sodium 10mg 0 %

Total Carbohydrate 39g 14 %

Dietary Fiber 2g 7 %

Total Sugars 1g

Includes 0g Added Sugars 0 %

Protein 8g

Vitamin D 0mcg 0 %

Calcium 0mg 0 %

Iron 2mg 10 %

Potassium 130mg 2 %

Thiamine 40 %

Riboflavin 15 %

Niacin 20 %

Folate 200mcg DFE 50 %

(110mcg folic acid)

*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
as it should appear on**

SEMOLINA, DURUM FLOUR, EGG YOLK, NIACIN, FERROUS SULFATE (IRON), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID.