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Nutrition Facts

Serving Size 1 1/4 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 (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
as it should appear on**

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