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Nutrition Facts

Serving Size	3/4 cup (56g) 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 as it should appear on	SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.