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# Nutrition Facts

Serving Size 3/4 cup (56g) dry

Amount Per Serving

**Calories** **200**

|                                                 | % Daily Value* |
|-------------------------------------------------|----------------|
| <b>Total Fat</b> 1g                             | 1 %            |
| Saturated Fat 0g                                | 0 %            |
| Trans Fat 0g                                    |                |
| <b>Cholesterol</b> 0mg                          | 0 %            |
| <b>Sodium</b> 15mg                              | 1 %            |
| <b>Total Carbohydrate</b> 41g                   | 15 %           |
| Dietary Fiber 2g                                | 7 %            |
| Total Sugars 2g                                 |                |
| Includes 0g Added Sugars                        | 0 %            |
| <b>Protein</b> 7g                               |                |
| <b>Vitamin D</b> 0mcg                           | 0 %            |
| <b>Calcium</b> 0mg                              | 0 %            |
| <b>Iron</b> 2.1mg                               | 10 %           |
| <b>Potassium</b> 200mg                          | 4 %            |
| <b>Thiamine</b>                                 | 40 %           |
| <b>Riboflavin</b>                               | 15 %           |
| <b>Niacin</b>                                   | 20 %           |
| <b>Folate</b> 200mcg DFE<br>(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, DURUM FLOUR, SPINACH POWDER, TOMATO POWDER, NIACIN, FERROUS SULFATE (IRON), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID.