

Item # 159299

Desc: Cracked Wheat (Coarse)

Nutrition Facts			
Serving Size (100g)		Serving Per Container Varied	
Amount Per Serving			
Calories	339	Calories from Fat	0
		% Daily Value*	
Total Fat	1.9 g		0 %
Saturated Fat	0.32 g		0 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	5 mg		0 %
Total Carbohydrate	73 g		0 %
Dietary Fiber	12.2 g		0 %
Sugars	0.41 g		
Protein	14 g		
Vitamin A	9i.u	Vitamin C	0%
Calcium	34mg	• Iron	3.9mg

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

159299 Cracked Wheat (Coarse)

Ing: Cracked Wheat.

Contains: Wheat Ingredients.

Product information/materials may change.

Refer to the package or call for updates.