

Wheat Montana Whole Spelt Flour

NUTRITION FACTS			
Serving Size: ¼ Cup (45g)			
Servings per Container:			
Amount per Serving			
Calories 160		Calories from Fat 9	
% Daily Value*			
Total Fat 1g			1%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 4mg			0%
Total Carbohydrate 29g			10%
Dietary Fiber 4g			20%
Sugars 0g			
Protein 5g			14%
Vitamin A 0% * Vitamin C 0%			
Calcium 15% * Iron 4%			
Thiamin 6% * Riboflavin 2%			
Niacin 6%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 * Carbohydrate 4 * Protein 4			

Ingredients: Cerified Chemical Free Whole Grain Spelt.