

Item # 156056

Desc: Wheat Germ (Toasted)

Nutrition Facts

Serving Size 1 cup (113g)

Servings Per Container Varied

Amount Per Serving

Calories 432 Calories from Fat 101

% Daily Value*

Total Fat 12 g **19 %**

Saturated Fat 2 g **10 %**

Trans Fat 0g

Cholesterol 0 mg **0 %**

Sodium 5 mg **0 %**

Total Carbohydrate 56 g **19 %**

Dietary Fiber 17 g **68 %**

Sugars 9g

Protein 33g

Vitamin A 2% Vitamin C 11%

Calcium 5% • Iron 57%

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

156056 Wheat Germ Toasted

Ing: Toasted wheat germ.

**Contains: Wheat Ingredients.

Product information/materials may change.

Refer to the package or call for updates.