

Nutrition Facts

17 servings per container

Serving size 1/4 cup (40g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 27g **10%**

Dietary Fiber 5g **18%**

Total Sugars 2g

Includes 1g Added Sugars **2%**

Protein 7g

Vitamin D 0mcg 0%

Calcium 66mg 6%

Iron 2mg 10%

Potassium 135mg 2%

*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.

INGREDIENTS: Organic Whole Wheat Flour, Organic Vital Wheat Gluten, Organic Whole Grain Rye Flour, Organic Cane Sugar, Organic Whole Grain Spelt Flour, Organic Whole Grain Corn Flour, Organic Whole Grain Oats, Baking Powder (Monocalcium Phosphate, Cornstarch, Sodium Bicarbonate), Organic Whole Grain Kamut® Khorasan Wheat Flour, Salt, Organic Flaxseed Meal, Organic Whole Grain Quinoa Flour, Organic Whole Grain Brown Rice Flour.