

Serving Size: 2/3 cup
Serving Per Container: 8
Amount Per Serving
Calories: 210

	% Daily Value*
Calcium 0%	
Calories From Fat 10Cal	
Cholesterol 0mg 0%	
Dietary Fiber 2g 8%	
Iron 4%	
Protein 7g	
Saturated Fat 0g 0%	
Sodium 0mg 0%	
Sugars 2g	
Total Carbohydrate 44g 15%	
Total Fat 1g 2%	
Trans Fat 0g	
Vitamin A 0%	
Vitamin C 0%	

* Percentage of Daily Values are based on a 2,000 calorie diet.

Ingredients:
DURUM WHEAT SEMOLINA.