

# NUTRITIONAL FACTS

<b>Nutrition Facts</b>	
2 servings per container	
<b>Serving size</b>	<b>1/2 cup (113g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>286</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.8g	<b>1%</b>
Saturated Fat 0.1g	<b>1</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 2mg	<b>0%</b>
<b>Total Carbohydrate</b> 57.8g	<b>21%</b>
Dietary Fiber 3.1g	<b>11%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10.1g	
Vitamin D 0mcg	0%
Calcium 15mg	1%
Iron 3mg	19%
Potassium 148mg	3%
<small>* The % Daily Value (DV) 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.</small>	

## INGREDIENTS:

Semolina Durum Wheat Flour, Water

Contains: Wheat