



Organic Old World Cereal Nutrition Facts (DRY)

Serving Size ¼ cup (47 g)

| Amount Per Serving | |
|------------------------|-----------------------|
| Calories 140 | Calories from Fat 0 |
| | % Daily Value* |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 0 mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 30g | 10% |
| Dietary Fiber 7g | 28% |
| Sugars 0g | |
| Protein 4 g | 12% |
| Vitamin A | 0% |
| Vitamin C | 0% |
| Niacin | 20% |
| Magnesium | 15% |
| Zinc | 15% |
| Iron | 4% |

Cooking Instructions: Add 1 cup of cereal and a pinch of salt to 3 cups of water. Bring to boil, simmer on low, stirring frequently until water is absorbed and bubbles appear, 12-15 minutes.

[One cup makes 3-4 servings.](#)