

Organic Whole Grain Einka® Einkorn Nutrition Facts (DRY)

Serving Size ¼ cup dry (50g)

Amount Per Serving	
Calories 180	
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans Fat 0g</i>	
Cholesterol 0 mg	0%
Sodium 0mg	0%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 0g	0%
Protein 9g	18%
Iron 2.3mg	15%
Potassium 200mg	4%
Thiamin 0.2mg	15%
Riboflavin 0.2mg	15%
Niacin 1.5mg	10%
Vitamin B6 0.2mg	10%
Phosphorus 210mg	15%
Zinc 1mg	10%
Manganese 2.2mg	100%

Not a significant source of vitamins A, C, D or calcium.

*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.