

Bluebird Grain Farms, LLC
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 Orders - info@bluebirdgrainfarms.com



Organic Whole Grain Einkorn® Einkorn

Country of Origin: USA

Certified Organic by: Washington State Dept. of Agriculture

Allergen Alert: Contains wheat

Processed in a nut-free facility

Nutrition Facts	
9 servings per container	
Serving size 1/4 cup dry product (50g)	
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 0mg	0%
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%

* 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.

Product Sizes Available:



Case of six 1 lb. units
 UPC 891343002406
 UNFI Item # 84372
 KeHE Item # 00346980



Case of four 5 lb. units
 UPC 891343002512



25 lb. unit
 UPC 891343002437
 UNFI Item # 84384
 KeHE Item # 00339402

Cooking Instructions:

Add 1 cup of Bluebird Einkorn to 2 cups of water or stock and a pinch of salt. Bring to a boil; simmer on high for 20 to 25 minutes. Turn off heat and let stand for 5 minutes. Drain liquid. Serve hot or cold. One cup makes 3 to 4 servings.

For more recipes visit us at:

<https://bluebirdgrainfarms.com/category/recipes/>

Small Retailers:

You can purchase wholesale directly from Bluebird Grain Farms at www.bluebirdgrainfarm.com/wholesale/

INGREDIENTS: ORGANIC EINKORN WHEAT (TRITICUM MONOCOCCUM)

CONTAINS: WHEAT

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