



# Organic Whole Grain Einkorn® Einkorn

Nutrition facts based on 5lb bag

<b>Nutrition Facts</b>	
About 45 servings per container	
<b>Serving size</b>	<b>1/4 cup dry (50g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	<b>18%</b>
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.

Country of Origin: USA

Certified Organic by:  
Washington State Dept. of Agriculture

Kosher Certified

Allergen Alert:  
Contains Wheat

Processed in a Nut Free facility

**Basic Cooking Instructions:** Add 1 cup 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. Let stand for 5 minutes. Drain excess liquid. Serve hot or cold.

