

Organic Whole Grain Einkorn Flour



Nutrition facts based on 4b bag

Nutrition Facts	
About 50 servings per container	
Serving size 1/4 cup dry (36g)	
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 2.2mg	10%
Potassium 230mg	4%
Thiamin 0.2mg	15%
Riboflavin 0.2mg	10%
Niacin 1.1mg	6%
Vitamin B6 0.2mg	10%
Phosphorus 250mg	20%
Zinc 0.7mg	6%
Manganese 2.3mg	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

