



Organic Whole Grain Emmer Farro

Nutrition facts based on 5lb bag

Nutrition Facts	
About 48 servings per container	
Serving size	1/4 cup dry (47g)
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 34g	12%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.7mg	4%
Potassium 200mg	4%
Niacin 3.6mg	25%
Magnesium 60mg	15%
Zinc 1.9mg	15%

* 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 Emmer to 4 cups of water or stock and a pinch of salt. Boil on high for 5 minutes, stirring frequently. Cover and simmer for 50-60 minutes until berries are plump and chewy. Drain excess liquid. Serve hot or cold.

