



Bluebird Grain Farms, LLC
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Organic Cracked Farro Porridge

Nutrition Facts	
About 291 servings per container	
Serving size	1/4 cup (39g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 7g	25%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.8mg	10%
Potassium 200mg	4%
Niacin 4mg	25%
Magnesium 60mg	15%
Zinc 2.2mg	20%

* 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

Certified Kosher by

Beth Din

Allergen Alert:

Contains Wheat

Processed in a Nut Free facility

Nutrition Facts based on 25lbs

