



Bluebird Grain Farms, LLC
 PO Box 1082
 Winthrop, WA 98862

(509) 996-3526
www.bluebirdgrainfarms.com
info@bluebirdgrainfarms.com

Organic Hard Red Wheat Berries

(Nutrition facts based on 5lb bag)

Nutrition Facts	
About 48 servings per container	
Serving size	1/4 cup (47g)
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 6g	21%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.7mg	10%
Potassium 160mg	4%

* 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

