



Bluebird Grain Farms, LLC
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Organic Rye Berries

Nutrition Facts

About 241 servings per container
Serving size 1/4 cup (47g)

Amount Per Serving
Calories 110

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 33g	12%
Dietary Fiber 6g	21%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.8mg	10%
Potassium 0mg	0%
Niacin 3.2mg	20%
Magnesium 65mg	15%
Zinc 1.7mg	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

Certified Kosher by

Beth Din

Allergen Alert:

Contains Wheat

Processed in a Nut Free facility

Nutrition Facts based on 25lbs

