

# Nutrition Facts

servings per container

**Serving size** 5 TBSP (30g)

Amount per serving

**Calories** 100

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 23g 8%

Dietary Fiber 4g 14%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 7mg 0%

Iron 1mg 6%

Potassium 112mg 2%

\*The % Daily Value 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.

## Rye Flour (Medium)

Data from USDA Database

To complete label:

- Fill in number of servings per container
  - Total weight of product divided by grams in a serving
  - Example: container has 1 pound of flour, 1 pound = 454 grams, serving size is 30 grams, number of servings per container =  $454/30 = 15$