

Nutrition Facts

servings per container

Serving size 3.5 TBSP (30g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 20g 7%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 53mg 4%

Iron 1mg 6%

Potassium 0mg 0%

*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.

Spelt Flour, WG

Data from Purity Foods

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 = $454/30 = 15$