

Nutrition Facts

servings per container

Serving size 1/4 cup (44g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 31g 11%

Dietary Fiber 5g 18%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 12mg 0%

Iron 2mg 10%

Potassium 171mg 4%

*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, Grain

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 grain, 1 pound = 454 grams, serving size is 45 grams, number of servings per container = $454/45 = 10$