Spelt flour nutritional information

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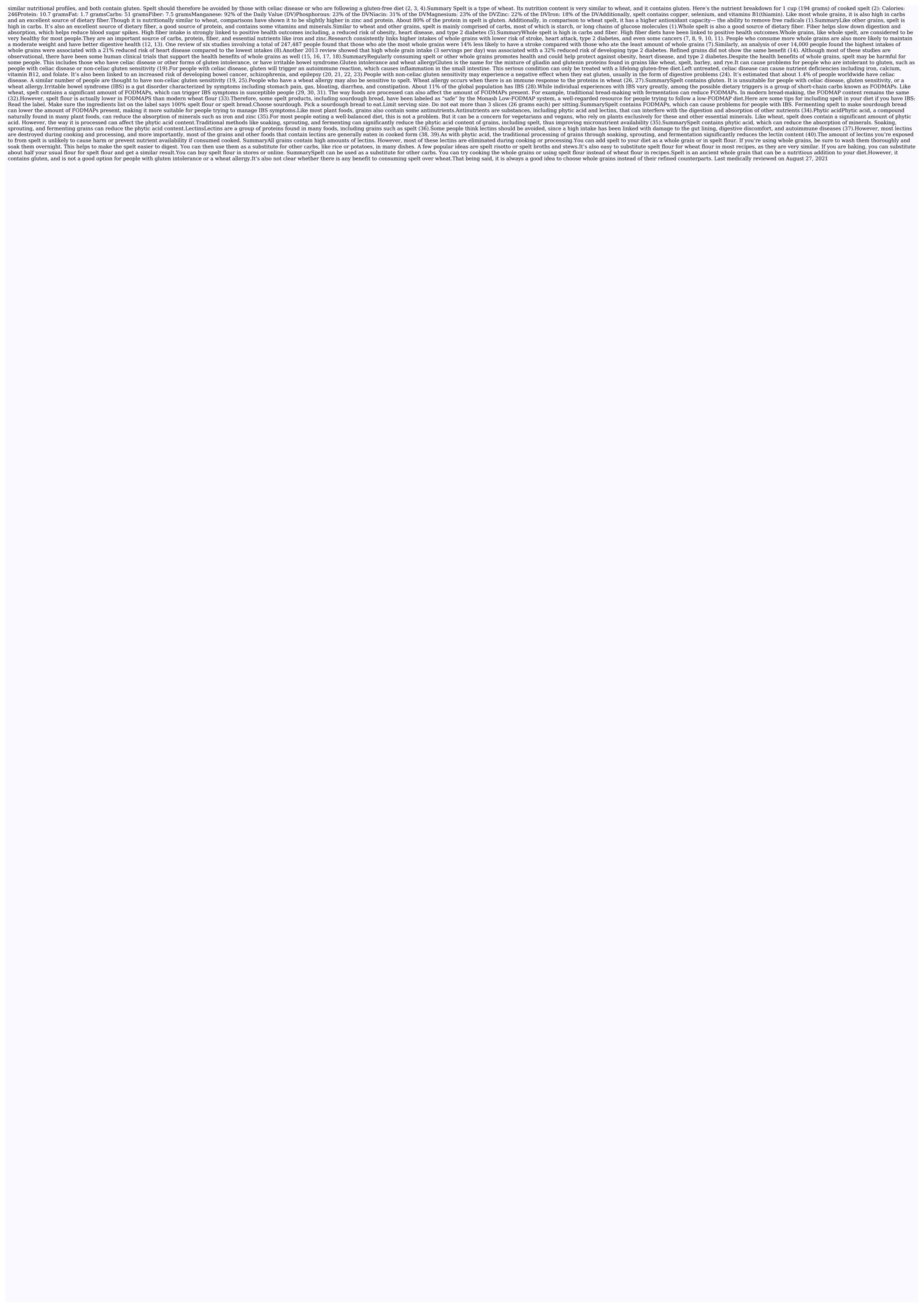




BREAD PAN White Cheddar Cheese flavor SIZE DG - 42g

Nutrition Facts Serving Size 1.06 oz. (30g) Servings Per Container about 1	
Amount Per Serving	
	RDA
Energy 150kcal	6%*
Calories from Fat 60	
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 125mg	5%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 2g	35
Protein 3g	4%*
Vitamin A 35% • Vitamin C	0%
Calcium 0%• Iron	0%
*Based on RENI 2002 Male 19-29 yrs. old. RENI (Recommended Energy & Nutrient Intake) Percent Daily Values are based on a 2,000 calorie diet.	





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