

Item # 153515

Desc: Buckwheat Flour

153515 Buckwheat Flour

Ing: Whole grain buckwheat.

Product information/materials may change.

Refer to the package or call for updates.

Nutrition Facts			
Serving Size 1/4 cup (30g)			
Servings Per Container Varied			
Amount Per Serving			
Calories	100	Calories from Fat	8
		% Daily Value*	
Total Fat	1 g		2 %
Saturated Fat	0 g		0 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrate	21 g		7 %
Dietary Fiber	4 g		16 %
Sugars	0 g		
Protein	4 g		
Vitamin A	0%	Vitamin C	0%
Calcium	1%	• Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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