

Nutrition Facts

8 servings per container

Serving size 1/4 cup dry (45g)

Amount Per Serving
Calories **170**

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.4g	2%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 35g	13%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 6.1mg	0%
Iron 1.1mg	6%
Potassium 207mg	4%

*The % Daily Value (DV) 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.

Whole Kasha

Nutrition Facts

8 servings per container

Serving size 1/4 cup dry (45g)

Amount Per Serving
Calories **150**

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.2g	1%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 5.3mg	0%
Iron 0.7mg	4%
Potassium 115mg	2%

*The % Daily Value (DV) 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.

Coarse, Medium & Fine Kasha