

# Sprouted Wheat

## Nutrition Facts

About 13 servings per container

**Serving size 1.5 oz (42 g) (43g)**

**Amount Per Serving**

**Calories 100**

**% Daily Value\***

**Total Fat** 0.5g **1%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 170mg **7%**

**Total Carbohydrate** 20g **7%**

Dietary Fiber 4g **14%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 1.2mg **6%**

Potassium 90mg **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.

INGREDIENTS: WELL WATER, ORGANIC SPROUTED WHOLE WHEAT FLOUR, ORGANIC WHOLE WHEAT FLOUR, SEA SALT, ORGANIC SPROUTED AMARANTH, ORGANIC SPROUTED CHIA SEEDS, ORGANIC SPROUTED MILLET, ORGANIC SPROUTED FLAX SEED, ORGANIC SPROUTED QUINOA, SUNFLOWER SEEDS, YEAST