

Sprouted Wheat

Nutrition Facts

16 servings per container

Serving size **1 (43g)**

Amount Per Serving

Calories **100**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **9%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.8mg 4%

Potassium 60mg 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, CERTIFIED ORGANIC SPROUTED WHOLE WHEAT FLOUR, CERTIFIED ORGANIC UNBLEACHED WHEAT FLOUR, CULTURED WHEAT, SEA SALT, AMARANTH, CHIA SEEDS, MILLET, BROWN FLAX SEED, ORGANIC SPROUTED QUINOA, SUNFLOWER SEEDS, PLANT BASED ENZYME

CONTAINS: WHEAT

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