

Amaranth Grain

Nutritional Information

Serving Size: 1 cup (195g)

Amount per Serving

Calories 729 Calories from Fat: 106

% Daily Value *

Total Fat	13 g	20 %
Saturated Fat	3 g	16 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	41 mg	2 %
Total Carbohydrates	129 g	43 %
Dietary Fiber	30 g	119 %
Sugars	~ g	
Protein	28 g	

Vitamin A	0%	Vitamin C	14 %
Calcium	30%	Iron	82 %

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

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram

Fat	9	Carbohydrates	4	Protein	4
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Ingredients: Amaranth

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.