

Buckwheat-Groats

Nutrition Facts

Serving Size: 1 cup (120g)

Serving per Container:

Amount per Serving

Calories 402 Calories from Fat: 31

% Daily Value *

Total Fat	4 g	6 %
Saturated Fat	1 g	4 %
<i>Trans</i> Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	13 mg	1 %
Total Carbohydrates	85 g	28 %
Dietary Fiber	12 g	48 %
Sugars	3 g	
Protein	15 g	

Vitamin A	0%	Vitamin C	0 %
Calcium	5%	Iron	27 %

* 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

Ingredients

Buckwheat

*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.