

Buckwheat-Organic

Nutrition Facts

Serving Size: 1 cup(170g)

Serving per Container:

Amount per Serving

Calories 583 Calories from Fat: 48

% Daily Value *

Total Fat 6 g 9 %

Saturated Fat 1 g 6 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 2 mg 0 %

Total Carbohydrates 122 g 41 %

Dietary Fiber 17 g 68 %

Sugars g

Protein 23 g

Vitamin A 0% Vitamin C 0 %

Calcium 3% Iron 21 %

* 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.