



Organic Whole Grain Emmer Farro Nutrition Facts (DRY)

Serving Size ¼ cup (47 g)

Amount Per Serving	
Calories 170	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans Fat 0g</i>	
Cholesterol 0 mg	0%
Sodium 0mg	0%
Total Carbohydrate 34g	11%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 6 g	12%
Vitamin A	0%
Vitamin C	0%
Niacin	20%
Magnesium	15%
Zinc	15%
Iron	4%

Cooking Instructions: Add 1 cup Bluebird Emmer Farro to 4 cups of water or stock, and a pinch of salt. Boil on high for 5 minutes, stirring frequently. Cover and simmer for 50-60 minutes until berries are plump and chewy. Drain excess liquid.

[One cup makes 3-4 servings](#)