



Emmer Baking Flour 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 2g	8%
Sugars 0g	
Protein 6g	12%
Vitamin A	0%
Vitamin C	0%
Niacin	20%
Magnesium	15%
Zinc	15%
Iron	4%