



Cracked Farro Hot Cereal 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 4g	17%
Sugars 0g	
Protein 6g	12%
Vitamin A	0%
Vitamin C	0%
Niacin	20%
Magnesium	15%
Zinc	15%
Iron	4%

Cooking Instructions: Add 1 cup of cracked farro and a pinch of salt to 3 cups of water. Bring to boil, simmer on low, stirring frequently until water is absorbed and bubbles appear, 12-15 minutes. Top with yogurt, nuts and fruit for a hearty breakfast.

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