



Organic Whole Grain Einkorn Flour Nutrition Facts (DRY)
 Serving Size ¼ cup (50 g)

Amount Per Serving	
Calories 180	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans Fat 0g</i>	
Cholesterol 0 mg	0%
Sodium 0mg	0%
Total Carbohydrate 33g	11%
Dietary Fiber 4g	8%
Sugars 0g	
Protein 9g	18%
Thiamin	16%
Riboflavin	12%
Phosphorus	20%
Potassium	5%
Niacin	7%
Vitamin B-6	12%
Iron	12%
Zinc	6%
Manganese	100%