



Organic Whole Grain Einka Farro Nutrition Facts (DRY)  
Serving Size ¼ cup (50g)

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%

Cooking Instructions: Add 1 cup Bluebird Einka Farro to 2 cups of water or stock, and a pinch of salt. Bring to a boil; simmer on high for 20 minutes. Turn off heat. Let stand for 5 minutes. Drain excess liquid. Serve hot or cold.

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