

Strawberry Creamy Wheat

**POUCH MAKES
10.5 PREPARED CUPS**

Nutrition Facts

Serving Size 2.625 cups (119g)
Servings Per Container 4

Amount Per Serving

Calories 420 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 60mg **3%**

Total Carbohydrate 88g **29%**

Dietary Fiber 2g **8%**

Sugars 27g

Protein 12g

Vitamin A 0% • Vitamin C 2%

Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

DIRECTIONS

For 1 servings add 3/4 cup mix to 3 cups cold water. Bring to boil. Reduce heat to simmer for 8 - 10 minutes, stirring often.

INGREDIENTS

Wheat Farina, Sugar, Non Fat Dried Milk, Natural and Artificial Flavor.

ALLERGENS: Milk, Wheat.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Kosher Certified
- Very Low Sodium

Made in the USA

