

Cream of Wheat

Nutrition Facts

Serving Size 3/4 cup (195g)

Servings Per Container 1

Amount Per Serving

Calories 90 Calories From Fat 0

		% Daily Value*
Total Fat	<1g	0%
Saturated Fat	<1g	0%
Trans Fat	<1 g	0%
Cholesterol	<1g	0%
Sodium	67mg	3%
Total Carbohydrate	17g	6%
Dietary Fiber	1g	3%
Sugars	<1g	

Protein 3g

Vitamin A 0% ● Vitamin C 0%

Calcium 15% ● Iron 38%

*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	

Ingredients: Water; Cream of Wheat (Wheat Farina, Partially Defatted Wheat germ, Disodium Phosphate, Vitamins and Minerals [Calcium Carbonate, Ferric Phosphate, Niacin, Vitamins B1 and B2, Folic Acid]).

Allergy Information: Wheat