

Ingredients:

SEMOLINA (WHEAT), DURUM WHEAT FLOUR. VITAMINS/MINERALS: VITAMIN B3 (NIACIN), IRON (FERROUS SULFATE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID.

NUTRITION VALUES	UNITS (per 2 oz)	DAILY VALUE %
Calories	200	N/A
Fat Cal	9	N/A
Total Fat	1 g	1 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 %
Sodium	0 mg	0 %
Potassium	118 mg	2 %
Total Carbohydrate	42 g	15 %
Dietary Fiber	3 g	11 %
Soluble Fiber	2 g	N/A
Insoluble Fiber	1 g	N/A
Sugar	1 g	N/A
Protein	7 g	N/A
Vitamin A	0 %	N/A
Vitamin C	0 %	N/A
Calcium	0 %	N/A
Iron	10 %	N/A
Vitamin D	0 %	N/A
Thiamin	40 %	N/A
Riboflavin	15 %	N/A
Niacin	30 %	N/A
Folate	50 %	N/A

Allergen Values (FDA)

Contains: Wheat, Cereals w Gluten

May Contain: Eggs

Free From: Peanuts, Tree Nuts, Milk, Fish, Molluscs, Crustacean, Soy