

Item # 153657

Desc: Creamy Buckwheat Hot Cereal Organic & G/F

## Nutrition Facts

Serving Size 1/4 cup (41g)

Servings Per Container 12

### Amount Per Serving

**Calories** 140    Calories from Fat 10

% Daily Value\*

**Total Fat** 1 g    **2 %**

Saturated Fat 0 g    **0 %**

Trans Fat 0 g

**Cholesterol** 0 mg    **0 %**

**Sodium** 0 mg    **0 %**

**Total Carbohydrate** 30 g    **10 %**

Dietary Fiber 3 g    **12 %**

Sugars 0 g

**Protein** 5 g

Vitamin A 0%    Vitamin C 0%

Calcium 4%    • Iron 8%

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

### 153657 Creamy Buckwheat Hot Cereal

Ing: Whole Grain Buckwheat.

Product information/materials may change.

Refer to the package or call for updates.

[www.dutchvalleyfoods.com](http://www.dutchvalleyfoods.com)