International Foodsource

163345 - Wheat Berries Hard Red

See package for details



		Nutrition Fa	cts	
	Servings per Container 100 Serving size 45.0g (45g)			
	- B	Amount per serving Calories	150	
(1) 4940 (1)		% Da	aily Value*	
	and the second sec	Total Fat 1g	2%	
	Page 1	Saturated Fat 0g	0%	
		Trans Fat		
		Cholesterol 0mg	0%	
≭ Benefits		Sodium 1mg	0%	
		Total Carbohydrate 32g	12%	
INTERNATIONAL FOODSOURCE, LLC. WHEAT BERRIES ARE WHOLE, UNPROCESSED WHEAT	Dietary Fiber 6g	21%		
PROTEIN AND ARE BROWN/RED IN COLOR. THEY ARE USED PRIMARILY FOR FLOUR FOR BAKING BREAD. INGREDIENTS: HARD RED WHEAT BERRIES. CONTAINS WHEAT. THEY ARE KOSHER; VEGAN; VEGETARIAN; NON-GMO. COLOR, TEXTURE AND FLAVOR IS TYPICAL FOR HARD WHEAT BERRIES.		Total Sugars 0g		
		Includes 0g Added Sugar	0%	
Ingredients	Allergens	Protein 6g		
		Vitamin D 0mcg	0%	
HARD RED WHEAT BERRIES	Contains:	Calcium 10mg	1%	
CONTAINS WHEAT PRODUCED ON SHARED	wheat	Iron 1.4mg	8%	
EQUIPMENT THAT ALSO	Free From:	Potassium 160mg	3%	
PROCESSES PEANUTS, TREE NUTS, SOY, MILK, EGGS, SESAME AND WHEAT	() crustaceans () eggs () fish () milk () peanuts () soy () tree nuts	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

Handling Suggestions

COOL, DRY PLACE

Serving Suggestions

1/4 CUP. FLOUR FOR BAKING

Prep & Cooking Suggestions

UNPACK AND USE

Brand			Manufacturer			Product Category	
International Foodsource		e Inte	International Foodsource			Grocery	
UPC	MFG #	SPC :	#	GTIN		Pack	Pack Desc.
688032076615	91119	16334	15 0079	9042991	1192		1/10 LB
Gross Weight	Net Wei	ght Co	Country of Origin Kosh		er Child Nutrition		
10.45lb	10lb		United St	Inited States Yes		5	
Shipping Information							
Length Width	Height	Volume	TIxHI	Shelf L	ife St	itorage Temp From/To	
12.4in 10.3ir	5.7in	0.42ft3	21x10	240da	ys	60°F / 77°F	



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Nutrition Analysis - By Measure

Calories	150	Total Fat	1g	Sodium	1mg
Protein	6	Trans Fats		Calcium	10mg
Total Carbohydrates…	32g	Saturated Fat	Og	Iron	1.4mg
Sugars	Og	Added Sugars	Og	Potassium	160mg
Dietary Fiber	6g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

o Additional Images



