International Foodsource

163345 - Wheat Berries Hard Red

See package for details





* Benefits

INTERNATIONAL FOODSOURCE, LLC. WHEAT BERRIES ARE WHOLE, UNPROCESSED WHEAT KERNELS. HARD RED WHEAT BERRIES ARE LOW IN 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.

Ingredients

HARD RED WHEAT BERRIES [] CONTAINS WHEAT [] PRODUCED ON SHARED **EQUIPMENT THAT ALSO** PROCESSES PEANUTS, TREE NUTS, SOY, MILK, EGGS, SESAME AND WHEAT

Allergens

Contains:



Free From:







Nutrition Facts

Servings per Container 100 45.0g (45g) Serving size

Amount per serving Calories

150

% Da	ily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 6g	21%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 6g	_
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 1.4mg	8%
Potassium 160mg	3%

* 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

Product Specifications

Brand	Manufacturer	Product Category	
International Foodsource	International Foodsource	Grocery	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
688032076615	91119	163345	00790429911192		1/10 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.45lb	10lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
12.4in	10.3in	5.7in	0.42ft3	21x10	240days	60°F / 77°F





International Foodsource 163345 - Wheat Berries Hard Red

See package for details



Nutrition Analysis - By Measure

Calories	150	Total Fat	1g	Sodium	1mg
Protein	6	Trans Fats		Calcium	10mg
Total Carbohydrates•••	32g	Saturated Fat	0g	Iron	1.4mg
Sugars	0g	Added Sugars	0g	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	

Additional Images



