



Ambrosia
41164 - Farro

Farro is an ancient grain from the wheat species that is typically grown in Italy. It is shaped like rice in brown color and has a distinct nutty taste and chewy texture. This pearled* grain is high in fiber, protein and potassium which makes it a convenient healthy choice over other grains.



Nutrition Facts

Servings per Container **30**
Serving size **45.0g (45g)**

Amount per serving
Calories 150

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 12mg	1%
Iron 2mg	11%
Potassium 190mg	4%

* 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.

* Benefits

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Ingredients

pearled farro

⚠ Allergens

Contains:



wheat

Free From:



crustaceans



eggs



fish



milk



peanuts



soy



tree nuts

Handling Suggestions

dry ambient storage, away from direct heat

Serving Suggestions

Use as a substitute for rice or pasta, as an addition to soups or stews, or in salads.

Prep & Cooking Suggestions

Boil water.
Add farro and simmer.

✍ Product Specifications

Brand	Manufacturer	Product Category
Ambrosia	Schreiber International Inc	Cereal

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	34430	41164	40046274344301		4/3 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
15lb	12lb	Italy	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11in	9.75in	11in	0.68ft3	28x5	180days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	150	Total Fat	1g	Sodium	0mg
Protein	5	Trans Fats		Calcium	12mg
Total Carbohydrates...	29g	Saturated Fat	0g	Iron	2mg
Sugars	1g	Added Sugars	0g	Potassium	190mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		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

