

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 FactsServings per Container30Serving size45.0g (45g)			
		Amount per serving Calories	150		
	Carlos A	% Da	ily Value*		
100		Total Fat 1g	1%		
		Saturated Fat 0g	0%		
Continue	nex parties	Trans Fat			
		Cholesterol 0mg	0%		
* Benefits		Sodium Omg	0%		
		Total Carbohydrate 29g	11%		
Farro is an ancient grain from the wheat sp shaped like rice in brown color and has a d		Dietary Fiber 3g	11%		
This pearled* grain is high in fiber, protein	and potassium which makes it a	Total Sugars 1g			
convenient healthy choice over other grains. Use as a substitute for rice or pasta, as an addition to soups or stews, or in salads.		Includes 0g Added Sugar	0%		
Ingredients	Allergens	Protein 5g			
ingreateries			00/		
pearled farro	Contains:	Vitamin D 0mcg	0%		
	🋞 wheat	Calcium 12mg	<u>1%</u> 11%		
	Free From:	Iron 2mg			
	rustaceans () eggs () fish () milk () peanuts () soy () tree nuts	* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2 a day is used for general nutrition advice.			

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

Bra	and		Manu	nufacturer			Product Category	
Ambrosia Schr		reiber International Inc			Cereal			
UPC	MFG	# SP	PC #	# GTIN			Pack	Pack Desc.
	3443	0 41	164	40046274344301				4/3 LB
Gross Weight Net We		Net Wei	ght Co	Country of Origin		K	osher	Child Nutrition
15lb		12lb		Italy			Yes	
Shipping Information								
Length	Width	Height	Volume	TIxHI	Shelf L	ife	Storage Temp From/To	
11in	9.75in	11in	0.68ft3	28x5	180da	ys	60°F / 77°F	



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 Analysis - By Measure

Calories	150	Total Fat	1g	Sodium	0mg
Protein	5	Trans Fats		Calcium	12mg
Total Carbohydrates…	29g	Saturated Fat	Og	Iron	2mg
Sugars	1g	Added Sugars	Og	Potassium	190mg
Dietary Fiber	Зg	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



icts Move When Content Fl