


Nutritional Data Sheet

	Item: Organic Buckwheat, Hulled 25 lb bags	
	Item#: R10013	Rev: A

Effective Date:
10/23/12
Doc #: NDS-R10013

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 346 **Calories from Fat** 23

% Daily Value*

Total Fat 3g	4%
Saturated Fat 1g	3%
Trans Fat	
Cholesterol 0mg	0%
Sodium 11mg	0%
Total Carbohydrate 75g	25%
Dietary Fiber 10g	41%
Sugars	
Protein 12g	

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 14%

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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NOTE: This nutritional information is provided as a typical analysis for this product type. It is not meant to specifically represent the lot that is purchased.

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