

# Farina Mills

## Nutrition Facts

Serving Size: 3 Tbsp Dry (35g)  
 Servings Per Package: About 23

Amount Per Serving	With	
	3 Tbsp Dry Cereal	1/2 Cup Skim Milk
<b>Calories</b>	130	170
Calories from Fat	0	5

% Daily Value*		
<b>Total Fat</b> 0g	<b>0%</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 0mg	<b>0%</b>	<b>3%</b>
<b>Potassium</b> 35mg	<b>1%</b>	<b>7%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>	<b>4%</b>
Sugars 0g		
Other Carbohydrate 26g		

<b>Protein</b> 4g		
Vitamin A	0%	6%
Vitamin C	0%	2%
Calcium	10%	25%
Iron	60%	60%
Thiamin	25%	30%
Riboflavin	15%	25%
Niacin	25%	25%
Vitamin B6	20%	20%
Folate (Folic Acid)	100%	100%
Phosphorus	6%	20%

\* 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
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

**Ingredients:** Wheat farina, calcium carbonate, ferric orthophosphate (iron), niacin (niacinamide), vitamin B6 (pyridoxine hydrochloride), folate (folic acid), vitamin B1 (thiamin mononitrate), vitamin B2 (riboflavin).  
**Contains wheat ingredients. Wheat used in this product contains traces of soybeans.**

*Product formulations may change. For current nutrition facts and ingredient line information check product packaging.*