

BF - Hi-Protein Farina

Nutrition Facts

Serving Size 2.1 oz Dry Mix (60g)

Serving Per Container 13

Amount Per Serving

Calories 250 Calories from Fat 65

% Daily Value *

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 38g **13%**

Dietary Fiber 4g **16%**

Sugars 11g

Protein 9g

Vitamin A 0% Vitamin C 0%

Calcium 10% Iron 10%

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