

Hodgson Mill®
Unprocessed Wheat Bran - 12 oz

Nutrition Facts

23 servings per container

Serving size 1/4 cup dry (15g)

Amount Per Serving

Calories **30**

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 9g **3%**

Dietary Fiber 6g **21%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 11mg **0%**

Iron 2mg **10%**

Potassium 180mg **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.