

FOW - Light Buckwheat Flour

## Nutrition Facts

Serving Size ¼ cup (30g)

Serving Per Container about 151

**Amount Per Serving - Prepared**

**Calories** 100      Calories from Fat 10

% Daily Value \*

**Total Fat** 1g      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 21g      **7%**

Dietary Fiber 3g      **12%**

Sugars <1g

**Protein** 4g

Vitamin A 0%      Vitamin C 0%

Calcium 0%      Iron 6%

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