

FOW - Garbanzo Flour

# Nutrition Facts

197 servings per container

**Serving size** 1/4 cup (23g)

Amount Per Serving

**Calories** **90**

% Daily Value\*

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 15mg **1%**

**Total Carbohydrate** 13g **5%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 5g **10%**

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 1mg **6%**

Potassium 195mg **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.