

FOW - Tapioca Flour

# Nutrition Facts

Serving Size 3 Tbsp (27g)

Serving Per Container about 168

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**Amount Per Serving - Prepared**

**Calories** 90      Calories from Fat 0

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% Daily Value \*

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**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

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**Cholesterol** 0mg      **0%**

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**Sodium** 5mg      **0%**

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**Total Carbohydrate** 23g      **8%**

Dietary Fiber 0g      **0%**

Sugars 0g

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**Protein** 0g

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Vitamin A 0%      Vitamin C 0%

Calcium 0%      Iron 6%

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