

Creamy Wheat Cereal

Nutrition Facts

36 servings per container

Serving size 1/4 Cup (50g) Dry
(about 1 Cup prepared)

Amount per serving

Calories 180

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 39g 14%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 7mg 0%

Iron 1mg 6%

Potassium 47mg 2%

*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.

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	YIELD	CEREAL	WATER	(OPTIONAL) SALT
	1 Cup	1/4 Cup	1 Cups	1/8 Tsp
	2 Cups	1/2 Cup	2 Cups	1/4 Tsp
	4 Cups	1 Cup	4 Cups	1/2 Tsp

STOVETOP DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Bring water and salt to a boil.
3. Slowly whisk Creamy Wheat Cereal into boiling water, stir frequently.
4. Return to a boil and reduce heat.
5. Simmer 10 minutes or until thickened, stirring frequently.

MICROWAVE DIRECTIONS:

1. Combine 1 Cup water and 1/4 Cup Creamy Wheat in a bowl.
2. Stir well to prevent lumping.
3. Cook for up to 3 minutes, stirring every minute.

INGREDIENTS: Farina (Wheat).

CONTAINS ALLERGEN: Wheat.