

Nutrition Facts

Einkorn

Serving size (100g)

Amount Per Serving

Calories

340

www.ihcare.ae % Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 16g	6%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0mcg	0%
Calcium 125mg	10%
Iron 3.4mg	20%
Potassium 0mg	0%

*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.