

Hard Red Wheat Berries

Lot # 192729

Specs	Results
Physical	
Appearance	Honey to Carmel in Color
COOL	Grain: Product of USA
Flavor	Typical of Wheat Berries
Foreign Materials	0.1%
GMO	Non GMO
Moisture	< 13.6%
Smell	No Off Odors

Nutrition Facts				Kosher : Kasher Parve			
Serving Size about 1/4 cup				Ingredients / Allergen			
Amount Per Serving				WHEAT BERRIES ARE WHOLE, UNPROCESSED WHEAT KERNELS. HARD RED WHEAT BERRIES ARE LOW IN PROTEIN AND ARE BROWN/RED IN COLOR. THEY ARE USED PRIMARILY FOR FLOUR FOR BAKING BREAD.			
Calories	150	Cal. From Fat	5 %Daily Value *	INGREDIENTS: HARD RED WHEAT BERRIES			
Total Fat	1g		2%	CONTAINS WHEAT			
Saturated Fat	0g		0%				
Trans Fat	0g						
Cholesterol	0mg		0%				
Sodium	1mg		0%				
Potassium	160mg		4%				
Total Carbohydrate	32g		11%				
Dietary Fiber	6g		24%				
Total Sugars	0g						
Includes	0g	Added Sugars					
Protein	6g						
Vitamin A			0%				
Vitamin C			0%				
Vitamin D	0mcg		0%				
Calcium:	10mg		1%				
Iron	1.4mg		8%				
				Allergen Description	Present In	Presence In Factory	Used In Same Line
				MILK (includes butter, buttermilk, casein, cheese, cottage cheese, curds, whey, malted milk, margarine, milk chocolate, sodium caseinate, sour cream, yogurt, custard, nougat)	No	Yes	Yes
				EGGS (Includes mayonnaise, meringue, ovalbumin)	No	Yes	Yes
				SOYBEANS (includes tofo, miso, soy-derived vegetable protein)	No	Yes	Yes
				WHEAT (includes bran, bread crumbs, cereal extracts, cracker meal, farina, graham flour, wheat flour, wheat germ, wheat gluten, wheat starch, semolina)	Yes	Yes	Yes
				PEANUTS (includes peanut butter, peanut flour, protein)	No	Yes	Yes
				TREE NUTS (includes almond, Brazil, cashew, hazelnut, macadamia, pecan, pine, pistachio, walnut, chestnut)	No	Yes	Yes
				FISH (any type)	No	No	No
				CRUSTACEAN SHELL FISH (includes crab, lobster, shrimp)	No	No	No