

# 450 SERVINGS



**DIRECTIONS:**

Use as called for in favorite recipes.

**INGREDIENTS:** Hard white wheat berries.

**Contains allergen:** Wheat.

**SHELF LIFE:** Best when stored in a cool dry place at temperatures between 55 and 70 degrees F.

Sealed to 30 years • Opened to 1 year

Please note: heat, moisture, oxygen and light will deteriorate this product if not stored properly.

# HARD WHITE WHEAT

Shelf life estimates are based on industry studies from sources deemed reputable. Since Harveston Farms™ has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

**AFTER OPENING:** Reseal unused contents with plastic resealable lid. Refrigerate reconstituted items in an airtight container.

An oxygen absorbing packet is enclosed to preserve freshness. Please remove and discard when opening can.

This package is sold by weight, not volume. Some settling may have occurred due to shipping, handling or variation in product density.

Processed in a plant that handles wheat, eggs, dairy, soy, peanut and tree nuts.

Date opened \_\_\_\_\_

SP01-0112



## NET WT 45 LBS (20.41 kg)

Nutrition Facts			
Serving Size	1/4 cup (46g)		
Servings Per Container	450		
Amount Per Serving			
<b>Calories</b> 150	Calories from Fat 5		
% Daily Value*			
<b>Total Fat</b> 0.5g	1%		
Saturated Fat 0g	0%		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 20mg	1%		
<b>Total Carbohydrate</b> 33g	11%		
Dietary Fiber 6g	24%		
Sugars 2g			
Protein 6g			
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	10%
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram: Fat 9 Carbs 4 Protein 4			



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