

# Creamy Wheat Cereal

<b>Nutrition Facts</b>			
Serving Size: 1/4 Cup (50g) Dry			
Servings Per Container: 36			
Amount Per Serving			
<b>Calories 180</b>	<b>Calories from Fat 5</b>		
	% Daily Value*		
<b>Total Fat 0.5g</b>			<b>1%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 0mg</b>			<b>0%</b>
<b>Total Carbohydrate 38g</b>			<b>13%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 1g			
<b>Protein 6g</b>			
<b>Vitamin A 0%</b>	•	<b>Vitamin C 0%</b>	
<b>Calcium 0%</b>	•	<b>Iron 4%</b>	

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

	Calories		2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram: Fat 9 • Carbs 4 • Protein 4

SERVINGS	CREAMY WHEAT	WATER	SALT
1	1/4 Cup	1 Cups	1/4 tsp
2	1/2 Cup	2 Cups	1/2 tsp
4	1 Cup	4 Cups	1 tsp

### DIRECTIONS:

1. Boil water and salt (optional).
2. Slowly add creamy wheat cereal, stirring frequently.
3. Return to a boil and reduce heat.
4. Cook for 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.