

# Gabriel & Daniel Cream of Wheat (Farina)

## Nutrition Facts

1 serving per container

**Serving size 1.67 ounces (47g)**

**Amount Per Serving**

**Calories 180**

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 230mg **10%**

**Total Carbohydrate** 40g **15%**

Dietary Fiber 1g **4%**

Total Sugars 14g

Includes 14g Added Sugars **28%**

**Protein** 4g **8%**

Vitamin D 5mcg 25%

Calcium 120mg 10%

Iron 14.2mg 80%

Potassium 40mg 0%

Vitamin A 460mcg 50%

Vitamin C 117mg 130%

Thiamin 0.5mg 40%

Riboflavin 1.1mg 80%

Niacin 14.1mg 90%

Vitamin B6 0.6mg 35%

Folate 320mcg DFE 80%

Pantothenic Acid 0.2mg 4%

Phosphorus 40mg 2%

Magnesium 55mg 15%

Zinc 2.3mg 20%

Selenium 18mcg 30%

Copper 0.1mg 8%

\* 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.

INGREDIENTS: ORGANIC CREAM OF WHEAT, ORGANIC CANE SUGAR, FORTIFIED IMMUNITY BLEND, HIMALAYAN PINK SEA SALT

CONTAINS: WHEAT

G&D WELLNESS LLC  
PRODUCT OF ILLINOIS

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: WHEAT