

Arrowhead Mills

Spelt Flakes



12 oz UPC: 0007433337499

9 g total sugars in 59 g dry cereal meets sugar limits.

Nutrition Facts	
Serving Size: 1 1/3 cup (59g)	
Serving Per Container: About 6	
Amount Per Serving	
Calories 190	Calories from Fat
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 41g	15%
Dietary Fiber 5g	18%
Sugars 9g	
Incl. Added Sugars 6g	12%

The one and only grain ingredient is whole grain.

Arrowhead Mills Organic Spelt Flakes are a whole grain organic cereal with a tasty, nutty flavor. They're a good source of fiber and a low-fat way to revitalize and energize yourself for the day.

Benefits: 6g of fiber per serving

Ingredients:

Organic Spelt Flakes, Organic Apple Juice Concentrate, Sea Salt, Ascorbic Acid (Vitamin C) and Vitamin E (To Preserve Freshness)