



Finished Product Specifications



GFS RAINBOW

9390141334

INGREDIENT DECLARATION

Semolina, [enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)], tomato solids, dried spinach,

ALLERGENS

Wheat.

Nutrition Facts

Serving Size: 2 oz (56g / 2/3 cup) Dry

Amount Per Serving

Calories 210 Calories From Fat 10

% Daily Value*

Total Fat 1g **2 %**

Saturated Fat 0g 0 %

Trans Fat 0g

Cholesterol 0mg **0 %**

Sodium 20mg** **1 %**

Total Carbohydrate 42g **14 %**

Dietary Fiber 1g 8 %

Sugars 2g

Protein 7g

Vitamin A 0% ● Vitamin C 0%

Calcium 2% ● Iron 10%

Thiamin 30% ● Riboflavin 10%

Niacin 15% ● Folate 30%

* 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
Saturated 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 ● Carbohydrate 4 ● Protein 4

**Without added salt in cooking water.

Reviewed By: Carl Gast

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