International Foodsource

163345 - Wheat Berries Hard Red

INTERNATIONAL FOODSOURCE, LLC.WHEAT BERRIES ARE WHOLE, UNPROCESSED WHEAT KERNELS. HARD RED WHEAT BERRIES ARE LOW IN PROTEIN AND ARE BROWN/RED IN COLOR. THEY ARE USED PRIMARILY FOR FLOUR FOR BAKING BREAD. INGREDIENTS: HARD RED WHEAT BERRIES. CONTAINS WHEAT. THEY ARE KOSHER; VEGAN; VEGETARIAN; NON-GMO. COLOR, TEXTURE AND FLAVOR IS TYPICAL FOR HARD WHEAT BERRIES.



MARKETING

INTERNATIONAL FOODSOURCE, LLC. WHEAT BERRIES ARE WHOLE, UNPROCESSED WHEAT KERNELS. HARD RED WHEAT BERRIES ARE LOW IN PROTEIN AND ARE BROWN/RED IN COLOR. THEY ARE USED PRIMARILY FOR FLOUR FOR BAKING BREAD. INGREDIENTS: HARD RED WHEAT BERRIES. CONTAINS

Nutrition Facts

100 Servings per container

Serving Size **45.0 GR**

Amount Per Serving

Calories **150**

	% Daily Value*
Total Fat 1 g	**2%**
Saturated Fat 0 g	**0%**
Trans Fat 0 g	
Cholesterol 0 mg	**0%**
Sodium 1 mg	**0%**
Total Carbohydrates 32 g	**11%**
Dietary Fiber 6 g	**24%**
Total Sugars 0 g	
Includes 0 g Added Sugars	**0%**
Protein 6 g	
Vitamin D 0 mcg	0%
Calcium 10 mg	1%
Iron 1.4 mg	8%
Potassium 160 mg	4%

* The % Daily Values (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.

PRODUCT SPECIFICATIONS

Code	GTIN	Pack Description
91119	00790429911192	1/10 LB

Brand	Brand Owner	GPC Description
International Foodsource	International Foodsource	Grains/Cereal - Not Ready to Eat - (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.45 LBR	10 LBR	No	United States	Yes	No

Shipping

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
12.4 INH	10.3 INH	5.7 INH	0.42 FTQ	21x10	237 Days	60 FAH / 77 FAH

Traceability Regulation

Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors
N/A	N/A	N/A	N/A

HANDLING SUGGESTIONS

COOL, DRY PLACE---UNIT UPC: 688032076615---

ALLERGENS

***C** = 'Contains' ; **MC** = 'May Contain' ; **N** = 'Free From' ; **UN** = 'Undeclared' ; **INII** = 'Intentionally nor Inherently Included'; **50** = 'Derived from Ingredients' ; **60** = 'Not Derived From Ingredients' ; **NI** = 'No Info'*

- Milk - MC
- Peanuts - MC
- Eggs - MC
- Tree - MC
- Soybean - MC
- Fish - N
- Wheat - C
- Shellfish - N
- Sesame - N
- Crustaceans - N
- Molluscs - N

INGREDIENTS

HARD RED WHEAT BERRIES CONTAINS WHEAT PRODUCED ON SHARED EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, SOY, MILK, EGGS, SESAME AND WHEAT

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PREPARATION & COOKING SUGGESTIONS

UNPACK AND USE

SERVING SUGGESTIONS

1/4 CUP. FLOUR FOR BAKING

MORE INFORMATION