



## PEARLED ITALIAN FARRO

Farro, a whole grain that dates back to the ancient Egyptians, has a firm, chewy bite. Our Farro is pearled, so it requires less cook time than whole, unpearled or semi-pearled Farro. Nearly fat free, completely cholesterol free and a great source of iron and fiber, this heart-healthy choice is perfect for vegetarians and vegans. Excellent in salads, soups and more.



PRODUCT  
OF ITALY



# PEARLED ITALIAN FARRO

NON-  
GMO

## Nutrition Facts

About 27 servings per container  
Serving size 1/4 Cup Dry (50g)

Amount per serving  
**Calories 160**

	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 30mg	1%
<b>Total Carbohydrate</b> 33g	12%
Dietary Fiber 6g	21%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 14mg	0%
Iron 2.2mg	10%
Potassium 264mg	6%

\*The % Daily Value 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

Pearled Farro (*Triticum Dicoccum*).  
Contains gluten. May contain traces of nuts and soy derivatives.

## STORAGE & COOKING INSTRUCTIONS

Store in a cool, dry place. Cooks in approximately 15-20 minutes. Do not soak prior to cooking.

## SPECS

Product Name	Pearled Italian Farro
Item Number	02444
UPC Number	818646024447
Case Pack	4 / 3 lb Bags
Case Net Wt	12 lbs
TI x HI	28 x 7
Shelf Life	18 Months