



ORGANIC SIX GRAIN FLAKES

A mixture of whole grain flakes perfect for adding taste, texture and nutrition to your baked goods.

Also makes tasty breakfast porridge.

3755

© NET WT 16 OZ (1 LB) 454g

KING ARTHUR FLOUR | NORWICH, VERMONT 05055

kingarthurfour.com | 800.827.6836

BREAKFAST PORRIDGE

Boil 2 cups water, add a pinch of salt, sprinkle 1 cup of six grain flakes into boiling water, stir until water returns to a boil, turn heat down to simmer and cook for an additional 5 minutes.

Nutrition Facts

Serving Size about 1/3 cup (40g)
Servings Per Container about 11

Amount Per Serving

Calories 140 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 29g **10%**

Dietary Fiber 5g **20%**

Sugars 0g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 35%

*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

INGREDIENTS: ORGANIC OATS, ORGANIC BARLEY, ORGANIC WHEAT, ORGANIC RYE, ORGANIC KAMUT[®], ORGANIC RICE.
CONTAINS: WHEAT.

Certified Organic by Vermont Organic Farmers

KING ARTHUR FLOUR
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Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, pecans, and coconut.



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Do not eat raw flour, dough or batter.

