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Kasha Whole - 1 lb.



Kasha has a distinctive toasty flavor, and is a versatile alternative to wheat or rice. It can be used to make stuffing, grain salads like tabboulah, or added to soup, stews, or casseroles. It also can be used as a delicious side dish to meat or poultry.

PRODUCT #: 6280
UPC: 733739062802
SRP: $3.69
Where to Buy
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Nutrition Info

	Amount Per Serving	% Daily Value
Calories	160	
Calories from Fat	15	
Total Fat	2 g	3%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	35 g	12%
Dietary Fiber	2 g	8%
Sugars	0 g	
Protein	6 g	
Vitamin A		0%
Vitamin C		0%
Calcium		1%
Iron		8%

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Details

Serving Size: 1/4 cup

Suggested Use: To cook, simmer 1/2 cup Kasha in 2 1/2 cups water or broth for 12 minutes. Serves 2

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