



BOB'S RED MILL

008279 - Yeast Nutritional

Bob's Red Mill Nutritional Yeast is a unique vegetarian food with a pleasantly cheesy flavor and a powerful nutritional punch! Great in sauces, scrambles, kale chips, crackers and biscuits.



* Benefits

Case of Four, 5 oz. bags
Gluten Free; Vegan; Vegetarian; Paleo Friendly; Kosher Pareve
Manufactured in a dedicated gluten free facility; R5-ELISA tested gluten free
Rich in B vitamins
Good source of dietary fiber; 8g protein per serving

Nutrition Facts

Servings per Container 9
Serving size 1/4cup(15g)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 1mg	6%
Potassium 264mg	6%

* The % Daily Value (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.

Ingredients

Inactive Nutritional Yeast [Dried Yeast, Niacin (Vitamin B3), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Hydrochloride (Vitamin B1), Folic Acid, Vitamin B12].

Allergens

May Contain:

sesame soy tree nuts

Free From:

crustaceans eggs fish milk
 peanuts wheat

Handling Suggestions

Store in a cool, dry place. Keeps best sealed for freshness.

Serving Suggestions

Add to sauces, scrambles, kale chips, crackers or sprinkle over vegetables, popcorn or baked potatoes.

Prep & Cooking Suggestions

Ready to Eat

Product Specifications

Brand	Manufacturer	Product Category
BOB'S RED MILL	Bob's Red Mill Natural Foods	Grocery

MFG #	SPC #	GTIN	Pack	Pack Desc.
1594S054	008279	20039978025467	4	4 / / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
1.76lb	1.25lb	No	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
9.5in	5.25in	8.25in	0.24ft3	38x8	730DAYS	32°F / 71°F



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Nutrition Analysis - By Serving

Calories	60	Total Fat	0.5g	Sodium	25mg
Protein	8	Trans Fats	0g	Calcium	6mg
Total Carbohydrates...	5g	Saturated Fat	0g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	264mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate	1828mg	Riboflavin	9.7mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

