

- 255 Calories, 10 gm protein, 8 gm fiber, 2 gm fat, no cholesterol
- 1 cup cooked teff provides:**
- Potential benefits of consuming teff:**
  - Provides 29% of daily iron requirement
  - Rich in B vitamins thiamine, niacin, folate and B6
  - Provides magnesium and potassium for heart health, manganese for blood sugar control and zinc and vitamin C for healing
  - Contains calcium for strong bones, teeth and heart health
  - Cooks quickly, making a nutritious breakfast porridge or side dish
  - As an intact grain, it has a low glycemic index, higher if ground into flour
  - Flour can be substituted for 50% wheat flour in recipes to lower gluten
  - Store teff in refrigerator or freezer until ready for use

## Health Benefits of Teff

Teff is the world's smallest grain but with big nutrition. High in protein, iron and fiber, it is gluten-free with a rich, nutty flavor.



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