



Whole Wheat Flour 14.0% Protein

Nutrition Information

Nutrient /100g		Other Essential Vitamins & Minerals /100g	
Total Calories, Kcal	357	Vitamin A RAE	2.7 mcg
Total Fat	2.0 g	Vitamin C	0 mg
Saturated Fat	0.4 g	Thiamine	0.5 mg
Trans Fat	0 g	Niacin	5.0 mg
Polyunsaturated Fat	1.1 g	Vitamin D	0 mcg
Monounsaturated Fat	0.3 g	Vitamin E	0 mg
Cholesterol	0 g	Folate, DFE	44 mcg
Total Carbohydrates	70.5 g	Folic Acid	0 mcg
Total Sugars	2.0 g	Folate, food	44 mcg
Sugar Alcohols	0 g	Riboflavin	0.2 mg
Added Sugars	0 g		
Dietary Fiber	10.4 g		
Soluble Fiber	2.6 g		
Insoluble Fiber	7.8 g		
Protein	14.0 g		
Ash	1.5		
Moisture	12.0 g		
Calcium	25.1mg		
Iron	3.9 mg		
Sodium	2 mg		
Potassium	342 mg		
Magnesium	137 mg		
Phosphorus	357 mg		

Results tabulated by Independent Laboratory