NORTH DAKOTA MILL
King Arthur Special, ENRICHED
Nutritional Analysis

SEP 2025

Information on a 100g basis.

Calories 347.42

Fat: .90 g

Moisture: 14.0 g

Saturated: .26 g

Protein: 12.6 g

Unsaturated: .64 g

Ash: .50 g

Monounsaturated: .29 g

Carbohydrates*: 72.83 g

Polyunsatuarated: .35 g

Complex: 68.06 g

Cholesterol: n/a mg

Sugars: 2.07 g

Total Dietary Fiber: 5.05 g

Added Sugars: 0

Vitamin A: N/A I.U.

Soluble: 1.21 g

Vitamin C: N/A mg

Insoluble: 3.84 g

Thiamin: ** .64 mg

Iron: ** 4.40 mg

Niacin: ** 5.29 mg NE

Calcium: 26.00 mg

Phosphorus: 119 mg

Magnesium: 35 mg

Riboflavin: ** .40 mg

Sodium: 4.70 mg

Folic Acid: ** .15 mg

Vitamin D: 0

Transfatty acids: 0

Potassium: 150.00 mg

g = gram, mg = milligram, I.U. = international units, and NE = niacin equivalent

Folic Acid included in enrichment

*__Carbohydrates include Total Dietary Fiber__

** Typical unenriched flour averages 1.17 mg Iron, 0.12 mg Thiamin, 0.04 mg Riboflavin, and 1.25 mg Niacin per 100g as noted in Agricultural Handbook B. Enriched flour meets the above stated levels.

Company Representative: Chad Boushee, Vice President Q.A. and Technical Services