



Revised By: ddavidson

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Bob's Red Mill Natural Foods

Product Specifications:

Product Name: OG Buckwheat Flour 25 lb

Product Number: P101029

Product Description: ORGANIC BUCKWHEAT FLOUR are made from grinding buckwheat grain, processed in accordance with 21 CFR Part 117 subpart B and in compliance with state and federal requirements for food safety and quality.

Ingredients: Whole Grain Organic Buckwheat.

Allergen List: No Allergens.

Physical Properties:

Appearance: Off white, black speckled flour with a medium-fine grind

Aroma: Clean with no rancid or off-odors.

Flavor: Strong, hearty flavor with no rancid or undesirable flavors

Nutrition Facts	
Serving size	100g
Amount per serving	
Calories	365.00
% Daily Value*	
Total Fat 1.90g	2%
Saturated Fat 0.40g	2%
Trans Fat 0.00g	
Cholesterol 0.00mg	0%
Sodium 0.00mg	0%
Total Carbohydrate 77.10g	28%
Dietary Fiber 24.40g	98%
Total Sugars 0.70g	
Includes 0.00g Added Sugars	0%
Protein 9.90g	
Vitamin D 0.00mcg	
Calcium 57.50mg	
Iron 3.01mg	
Potassium 496.00mg	
* 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.	

Certifications:

Kosher Certification:

Certified by OK Kosher

Non-GMO Certification:

Verified by the Non-GMO Project.

Audit Certification:

SQF Food Safety Code: Food Manufacturing, ed. 9

Organic Certification:

Certified by Quality Assurance International (QAI)

Gluten Free Certification:

Fair Trade Certified:

Country of Origin:

United States of America