



Hard Wheat Flour - Enriched 14.5% Protein

Nutrition Information

Nutrient /100g		Other Essential Vitamins & Minerals /100g	
Total Calories, Kcal	355	Vitamin A RAE	0 mcg
Total Fat	1.3 g	Vitamin C	0 mg
Saturated Fat	0.2 g	Thiamine	0.6 mg*
Trans Fat	0 g	Niacin	5.3 mg*
Polyunsaturated Fat	0.7 g	Vitamin D	0 mcg
Monounsaturated Fat	0.1 g	Vitamin E	0 mg
Cholesterol	0 g	Folate, DFE	292.8 mcg
Total Carbohydrates	71.5g	Folic Acid	154 mcg*
Total Sugars	1.3 g	Folate, food	31 mcg
Sugar Alcohols	0 g	Riboflavin	0.4 mg*
Added Sugars	0 g		
Dietary Fiber	2.4 g		
Soluble Fiber	0.24 g		
Insoluble Fiber	2.16 g		
Protein	14.5 g		
Ash	0.50		
Moisture	12.2 g		
Calcium	18 mg		
Iron	4.4 mg*		
Sodium	2 mg		
Potassium	100 mg		
Magnesium	25 mg		
Phosphorus	97 mg		

Results tabulated by Independent Laboratory

*Enriched to levels as listed in FDA CFR Title 21 Part 137.165 Enriched Flour

Niacin – 24 mg/lb.

Iron – 20 mg/lb.

Thiamine Mononitrate – 2.9 mg/lb.

Riboflavin – 1.8 mg/lb.

Folic Acid – 0.7 mg/lb.