



Revised By: ddavidson

Version Date: 10/03/2022

Bob's Red Mill Natural Foods

Product Specifications:

Product Name: GF Flaxseed Meal 4/16 oz

Product Number: P101146

Product Description: GLUTEN FREE FLAXSEED MEAL are made from ground flaxseeds of varying granulation, 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 Flaxseed.

Allergen List: No Allergens.

Physical Properties:

Appearance: Brown to golden brown powder.

Aroma: Clean and natural with no rancid or off-odors.

Flavor: Slightly nutty with no rancid or undesirable flavors..

Nutrition Facts	
Serving size	100g
Amount per serving	
Calories	533.00
% Daily Value*	
Total Fat 35.20g	45%
Saturated Fat 3.40g	17%
Trans Fat 0.02g	
Cholesterol 0.00mg	0%
Sodium 32.40mg	1%
Total Carbohydrate 33.40g	12%
Dietary Fiber 26.50g	106%
Total Sugars 1.60g	
Includes 0.00g Added Sugars	0%
Protein 20.60g	
Vitamin D 0.00mcg	
Calcium 181.00mg	
Iron 6.54mg	
Potassium 867.00mg	
* 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:

<u>Kosher Certification:</u>	OK Kosher Certification of Brooklyn, New York
<u>Non-GMO Certification:</u>	Verified by the Non-GMO Project.
<u>Audit Certification:</u>	SQF Food Safety Code: Food Manufacturing, ed. 9
<u>Organic Certification:</u>	
<u>Gluten Free Certification:</u>	< 20 ppm gluten
<u>Fair Trade Certified:</u>	

Country of Origin: United States of America