



Revised By: ddavidson

Version Date: 09/20/2022

Bob's Red Mill Natural Foods

Product Specifications:

Product Name: Whole Wheat Flour 4/5 lb

Product Number: P101409

Product Description: WHOLE WHEAT FLOUR are made from stone ground dark hard red wheat, 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 Hard Red Wheat.

Allergen List: Wheat.

Physical Properties:

Appearance: Tan to light brown fine powder.

Aroma: Clean, typical of wheat with no rancid or off-odors.

Flavor: Clean, typical of wheat with no rancid or undesirable flavors.

Nutrition Facts	
Serving size	100g
Amount per serving	
Calories	367.00
% Daily Value*	
Total Fat 1.70g	2%
Saturated Fat 0.40g	2%
Trans Fat 0.00g	
Cholesterol 0.00mg	0%
Sodium 0.00mg	0%
Total Carbohydrate 70.80g	26%
Dietary Fiber 18.70g	75%
Total Sugars 1.10g	
Includes 0.00g Added Sugars	0%
Protein 17.20g	
Vitamin D 0.00mcg	
Calcium 31.70mg	
Iron 5.61mg	
Potassium 424.00mg	
* 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:

Gluten Free Certification:

Fair Trade Certified:

Country of Origin:

United States of America