

Snavely's Mill Inc.	Document #: IC10.3.4
333 Snavely Mill Road, Lititz, PA	Issued: 11/25/03
Nutrient Content Information	Revised:
Soft Whole Wheat Flour	Supersedes:

Nutrient Content Information

Product Name: Soft Whole Wheat Flour

Company: Snavely's Mill Inc.

Nutrient Content (per 100g flour):

<u>Calories: 331</u>	<u>Fat: 1.6g</u>
<u>Moisture: 13g</u>	<u>Saturated: 0.29g</u>
<u>Protein: 10.0g</u>	<u>Unsaturated: 0.83g</u>
<u>Ash: 1.6g</u>	<u>Mono: 0.18g</u>
<u>Carbohydrates: 74g</u>	<u>Poly: 0.66g</u>
<u>Sugars: 0.41g</u>	<u>Trans: 0g</u>
<u>Dietary Fiber: 12.5g</u>	<u>Cholesterol: 0mg</u>
<u>Vitamin A: 0 I.U.</u>	<u>Iron: 3.2mg</u>
<u>Vitamin C: 0 mg</u>	<u>Calcium: 27mg</u>
<u>Folate: 0.04mg</u>	<u>Sodium: 2.0mg</u>
<u>Thiamin: 0.40mg</u>	<u>Potassium: 397mg</u>
<u>Niacin: 4.8mg</u>	<u>Riboflavin: 0.10mg</u>

g = gram, mg = milligram, I.U. = international units

Note: Variations in wheat quality make this information subject to change.

This information was obtained from the following sources:

USDA Handbook 8-20 Composition of Foods

USDA Handbook 456 Nutritive Value of American Foods

USDA National Nutrient Database