



ConAgra Foods
Grain Processing Group
Technical Services
Nine ConAgra Drive
Omaha, Nebraska 68102
402-595-4476 fax
402-595-7226

Brand Name: Dark Rye Flour

Description: Dark Rye Flour is the food prepared in the grinding and bolting of cleaned rye. The product is produced in accordance with good manufacturing practices and all applicable FDA regulations as amended.

Moisture: 14.0% Maximum
Ash *: 2.70% +/- 0.30%
Protein*: 13.5% Minimum
Falling Number*: n/a

Ingredient Listing: Rye Flour

All testing methods AACC (American Association of Cereal Chemists) approved.

*Moisture Basis/Nitrogen Factor: 14.0% MB/n x 6.25

Shelf Life: 90 days at recommended storage conditions and good sanitary practices.
Best if used within 60 days:

Storage Conditions: 70 degrees F; 70% Relative Humidity

Kosher Certification: Kashruth certification by Kosher Overseers of America.

Allergen Statement: This product does contain traces of wheat.

Nutritional Information:

Calories (cal)	259	TDF (g)	30.67	Protein (g)	14.0
Calories from Fat	19	Soluble Fiber (g)	5.93	Monounsaturated Fat (g)	0.237
Fat (g)	2.06	Insoluble Fiber (g)	24.73	Polyunsaturated Fat (g)	0.808
Saturated Fat (g)	0.216	Sodium (mg)	6	Calcium (mg)	90
Cholesterol (g)	0.0	Potassium (mg)	981	Iron (mg)	2.92 *
Carbohydrate (g)	46.1	Vitamin A (IU)	0.0	Vitamin C (mg)	0.0
Sugars (g)	2.70				

The above assays represent guidelines for product formulation, and were run on a random basis. Varietal and growing conditions (weather and soil) can have an effect on these values. Data is based on composite commercial samples analyzed on a 100 g basis.

*Unenriched Value

If this product is enriched, it is enriched to the following levels:

Niacin: 5.20 mg/100g Folic Acid: 0.15 mg/100g
Iron: 4.41 mg/100g
Thiamine 0.64 mg/100g
Riboflavin: 0.40 mg/100g

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ConAgra Grain Processing Co.

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