

Item # 142100

Desc: Flour, Whole Wheat Organic

142100 Organic Whole Wheat Flour

Ing: Certified organic wheat flour.

Contains: Wheat Ingredients.

Product information/materials may change.

Refer to the package or call for updates.

Nutrition Facts			
Serving Size 1/4 cup (approx) (30g)			
Servings Per Container Varied			
Amount Per Serving			
Calories	100	Calories from Fat	5
			% Daily Value*
Total Fat	0.5 g		1 %
Saturated Fat	0 g		0 %
Trans Fat	0g		
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrate	22 g		7 %
Dietary Fiber	4 g		15 %
Sugars	0g		
Protein	4 g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	• Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.