

White Whole Wheat Flour Blend (25 lb)

02/06/2015

Nutrition Facts	
Serving Size 1/4 cup (44g)	
Servings Per Container About 188	
Amount Per Serving	
Calories 170	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 34g	11%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Hard White Whole Wheat Flour, All Purpose Flour (bleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme added for improved baking), Vital Wheat Gluten, Salt.

Contains Wheat.