



Product Name: Essential Eating Sprouted Certified 100% Organic ANCIENT Whole Grain Flour

Ingredient: Sprouted 100% Certified Organic 100% Whole Grain Flour blend of Buckwheat, Sorghum, Millet, Amaranth and Quinoa

Basic Components		Value	Vitamins		Value
Gram Weight (g)		100.00	Vitamin A - IU (IU)		85.44
Calories		336.00	Vitamin B1 (mg)		0.45
Calories from Fat (kcal)		26.32	Vitamin B2 (mg)		0.22
Calories from Sat Fat (kcal)		4.95	Vitamin B3 (mg)		6.37
Protein (g)		10.77	Vitamin B3 - Niacin Equiv (mg)		0.83
Carbohydrates (g)		71.31	Biotin (Mcg)		10.0
Dietary Fiber (g)		10.04	Vitamin C (mg)		0.65
Soluble Fiber (g)		1.79	Vitamin D - IU (IU)		0.00
Added Sugars		0.00			
Total Sugars (g)		1.74	Minerals		
Fat (g)		2.92	Calcium (mg)		28.50
Saturated Fat (g)		0.55	Iron (mg)		3.29
Mono Fat (g)		0.80	Magnesium (mg)		126
Poly Fat (g)		1.71	Potassium (mg)		405
Trans Fatty Acid (g)		0.00	Sodium (mg)		3.44
Cholesterol (mg)		0.00			
Water (g)		10.00			

Notation: Variations in grain lots make this information subject to change.