



Product Name: Essential Eating 100% Certified Organic Sprouted 100% Whole Hard Wheat Flour
Ingredient: Flour, HARD Wheat, Sprouted Whole Grain

Nutrient Content

Basic Components	Value	Vitamins	Value
Gram Weight (g)	100.00	Vitamin A - IU (IU)	13.40
Calories	317.17	Vitamin A - RE (RE)	1.34
Calories from Fat (kcal)	21.07	Vitamin A - RAE (RAE)	0.67
Calories from Sat Fat (kcal)	4.23	Carotenoid RE (RE)	1.34
Protein (g)	14.39	Beta-Carotene (mcg)	8.04
Carbohydrates (g)	78.00	Vitamin B1 (mg)	0.65
Dietary Fiber (g)	13.46	Vitamin B2 (mg)	0.40
Soluble Fiber (g)	2.00	Vitamin B3 (mg)	0.83
Total Sugars (g)	2.70	Vitamin B3 - Niacin Equiv (mg)	0.83
Other Carbs (g)	54.94	Biotin (Mcg)	0.01
Fat (g)	2.34	Folate (mcg)	50.00
Saturated Fat (g)	0.49	Minerals	
Mono Fat (g)	0.35	Calcium (mg)	38.00
Poly Fat (g)	1.50	Iron (mg)	3.20
Trans Fatty Acid (g)	0.00	Sodium (mg)	18.00
Cholesterol (mg)	0.00	Poly Fats	
Water (g)	10.65	Omega 3 Fatty Acid (g)	0.10
		Omega 6 Fatty Acid (g)	1.40

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