



Product Name: Essential Eating Sprouted 100% Certified Organic 100% Whole Soft Wheat Flour

Ingredient: Sprouted 100% Certified Organic Soft Whole Wheat

Nutrient Content

Basic Components	Value	Vitamins	Value
Gram Weight (g)	100.00	Vitamin A - IU (IU)	13.40
Calories	327.27	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)	9.00	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
Added Sugars	0.00	Vitamin B3 - Niacin Equiv (mg)	0.83
Total Sugars (g)	2.70	Vitamin D - IU (IU)	0.00
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.