



**Product Name:** Essential Eating Sprouted 100% Certified Organic Buckwheat Flour

**Ingredient:** Sprouted 100% Certified Organic Buckwheat, Whole Groat

**Nutrient Content**

<b>Basic Components</b>	<b>Value</b>	<b>Vitamins</b>	<b>Value</b>
Gram Weight (g)	100.00	Vitamin B3 - Niacin Equiv (mg)	6.15
Calories	335.00	Vitamin B6 (mg)	0.58
Calories from Fat (kcal)		Vitamin D - IU (IU)	0.00
Calories from Sat Fat (kcal)		Vitamin E (mg)	0.32
Protein (g)	12.62	Vitamin K (mcg)	7.0
Carbohydrates (g)	70.59	Folate (mcg)	54.00
Dietary Fiber (g)	10.00	Riboflavin (mg)	0.19
Soluble Fiber (g)	2.00	Thiamin (mg)	0.42
Added Sugars	0.00		
Total Sugars (g)	2.60		
Other Carbs (g)	54.94	<b>Minerals</b>	
Fat (g)	3.10	Calcium (mg)	41.00
Saturated Fat (g)	.677	Iron (mg)	4.06
Mono Fat (g)	.949	Magnesium	251.00
Poly Fat (g)	.949	Phosphorus, P	337.00
Trans Fatty Acid (g)	0.00	Potassium, K	577.00
Cholesterol (mg)	0.00	Sodium (mg)	11.00
Water (g)	11.15	Zinc, Zn	3.12
		<b>Poly Fats</b>	
		Omega 3 Fatty Acid (mg)	78.0
		Omega 6 Fatty Acid (mg)	961

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