



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

Ingredient: Sprouted 100% Certified Organic Whole Spelt

Nutrient Content

Basic Components	Value	Vitamins	Value
Gram Weight (g)	100.00	Vitamin A - IU (IU)	10
Calories	338.00	Vitamin B1 (mg)	0.36
Calories from Fat (kcal)	18.99	Vitamin B2 (mg)	0.11
Protein (g)	14.57	Vitamin B3 (mg)	6.84
Carbohydrates (g)	70.19	Vitamin B6	0.23
Dietary Fiber (g)	10.70	Vitamin D - IU (IU)	0.00
Added Sugars (g)	0.00	Vitamin E	0.79
Total Sugars (g)	6.82	Vitamin K	3.6
Fat (g)	2.11	Folate (mcg)	45
Saturated Fat (g)	0.41	Thiamin	0.36
Mono Fat (g)	0.45	Riboflavin	0.12
Poly Fat (g)	1.26	Niacin	6.84
Trans Fatty Acid (g)	0.00	Minerals	
Cholesterol (mg)	0.00	Calcium (mg)	27
Water (g)	11.02	Iron (mg)	4.44
		Magnesium	136
		Sodium (mg)	8
		Phosphorus	401
		Potassium	388
		Zinc	3.28

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