



HARD WHEAT FLOUR - ENRICHED
Nutritional Information

SERVING SIZE: (100 G)
REFERENCE AMOUNT:

		ANALYTICAL DATA PER 100 G	ANALYTICAL DATA PER SERVING	ROUNDED DATA PER SERVING	% DAILY VALUE
LABEL ANALYTES					
CALORIES		355.3	355.3	360	
CALORIES FROM FAT		11.3	11.3	10	
TOTAL FAT	(G)	1.26	1.26	1.5	2
SATURATED FAT	(G)		0	0	
CHOLESTEROL	(MG)		0	0	
SODIUM	(MG)	2	2	0	0
TOTAL CARBOHYDRATES	(G)	72.0	72.0	72	25
DIETARY FIBER	(G)	2.49	2.49	2	10
SUGARS	(G)	1.63	1.63	2	
PROTEIN	(G)	14.0	14.0	14	
VITAMIN A	(IU)	88	88	88	*
VITAMIN C	(IU)	<0.02	<0.02		*
CALCIUM	(MG)	18.1	18.1	20	*
IRON	(MG)	5.1	5.1	5.1	30
FOLIC ACID	(MG)	0.1557	0.1557	0.16	40
*LESS THAN 2% DAILY VALUE					
B-VITAMINS					
NIACIN	(MG)	6.0256	6.0256	6.0	30
THIAMINE	(MG)	0.7367	0.7367	0.74	50
RIBOFLAVIN	(MG)	0.4665	0.4665	0.47	30
CONTRIBUTING ANALYTES					
MOISTURE	(G)	12.22	12.22		
ASH	(G)	0.52	0.52		
BETA CAROTENE	(IU)	12	12		
RETINOL	(IU)	76	76		
VIT A % BETA CAROTENE		10			
SUGAR PROFILE %					
FRUCTOSE		<0.10			
DEXTROSE		0.29			
SUCROSE		0.34			
LACTOSE		<0.10			
MALTOSE		1.00			
TRANSFAT	0%				

Results Tabulated by Independent Laboratory