

205003  
 FLOUR ALL PURPOSE WINGOLD 2/25 LB



Manufacturer#: 384800

Kosher Information: OU PARVE

NUTRIENT	UOM	PER 30 GMS	% RDA	PER 100 GMS	% RDA
Water	g	4.20		14.00	
Calories, By Calculation	kcal	103.50		345.00	
Calories From Fat	kcal	2.70		9.00	
Calories From Saturated Fat	kcal	0.30		1.00	
Protein	g	3.42	7%	11.40	23%
Total Fat	g	0.20	0%	0.66	1%
Carbohydrate, By Difference	g	22.02	7%	73.41	24%
Fiber, Total Dietary	g	0.81	3%	2.70	11%
Soluble Fiber	g	0.31		1.03	
Ash	g	0.16		0.53	
Calcium	mg	4.50	0%	15.00	2%
Iron	mg	1.32	7%	4.41	25%
Magnesium	mg	6.60	2%	22.00	6%
Phosphorus	mg	32.40	3%	108.00	11%
Potassium	mg	32.10	1%	107.00	3%
Sodium	mg	0.60	0%	2.00	0%
Zinc	mg	0.21	1%	0.70	5%
Copper	mg	0.04	2%	0.14	7%
Manganese	mg	0.20	10%	0.68	34%
Vitamin C, Ascorbic Acid	mg	0.00	0%	0.00	0%
Thiamin B-1	mg	0.19	13%	0.64	43%
Riboflavin B-2	mg	0.12	7%	0.40	24%
Niacin B-3	mg	1.59	8%	5.29	26%
Pantothenic Acid B-5	mg	0.13	1%	0.44	4%
Vitamin B-6	mg	0.01	1%	0.04	2%
Folate, Total	mcg	45.00	11%	150.00	38%
Vitamin B-12	mcg	0.00	0%	0.00	0%
Vitamin A, IU	IU	0.00	0%	0.00	0%
Vitamin E (alpha-tocopherol)	mg	0.02		0.06	
Saturated Fat	g	0.05	0%	0.16	1%
Monounsaturated Fat	g	0.03		0.09	
Polyunsaturated Fat	g	0.12		0.41	
Total Trans Fatty Acids	g	0.00		0.00	
Cholesterol	mg	0.00	0%	0.00	0%
Sugars, total	g	0.33		1.10	