



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

Ingredient: Sprouted 100% Certified Organic Hard Whole Wheat

Nutrient Content

Basic Components	Value	Vitamins	Value
Gram Weight (g)	100.00	Vitamin A - IU (IU)	13.40
Calories	317.17	Vitamin A - RE (RE)	1.34
Total Fat (g)	2.34	Vitamin A - RAE (RAE)	0.67
Saturated Fat (g)	0.49	Carotenoid RE (RE)	1.34
Trans Fatty Acid (g)	0.00	Beta-Carotene (mcg)	8.04
Mono Fat (g)	0.35	Vitamin B1 (mg)	0.65
Poly Fat (g)	1.50	Vitamin B2 (mg)	0.40
Omega 3 Fatty Acid (g)	0.10	Vitamin B3 (mg)	0.83
Omega 6 Fatty Acid (g)	1.40	Vitamin B3 - Niacin Equiv (mg)	0.83
Cholesterol (mg)	0.00	Vitamin D - IU (IU)	0.00
Sodium (mg)	18.00	Biotin (mcg)	0.01
Total Carbohydrates (g)	71.10	Folate (mcg)	50.00
Dietary Fiber (g)	13.46		
Soluble Fiber (g)	2.00	Minerals	
Insoluble Fiber (g)	11.46	Calcium (mg)	38.00
Total Sugars (g)	2.70	Iron (mg)	3.20
Added Sugars (g)	0.00		
Other Carbs (g)	54.94		
Protein (g)	14.39		
Ash (g)	1.40		
Moisture	10.65		

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