



WHOLE WHEAT FLOUR

King Arthur Mfg #: 14050
 UPC: 0 71012 14050 3
 Net Weight: 50 lbs

Description

Finely ground whole grain flour milled from 100% of the wheat kernel. This flour is high in protein making it ideal for all types of yeasted breads, rolls, and pizza. Strong enough to be used on its own or in combination with other flours to add flavor and nutrition.

Regulations & food safety

Shelf life: 180 days when stored cool and dry

Do not eat raw flour, dough, or batter. This product is a raw agricultural product that is not subjected to a microbiological kill step and is therefore intended for further processing.

Product is prepared by cleaning, grinding, and sifting sound wheat in accordance with current FDA regulations.

Packaging & shipping

Bag cubic feet: .91
 Bag dimensions: 23" x 17" x 4"
 Net Weight: 50 lbs
 Gross Weight: 50.35 lbs
 Pallet Tie (layer): 5 bags
 Pallet High (rows high): 10 bags
 Bags per pallet: 50
 Pallet Weight: 2,550 lbs
 Pallet dimensions: Standard 4 way, 40" x 48" x 60"

Documentation

SDS, Kosher Certificate, non-GMO statement, and Certificates of Analysis available upon request. Please include type of flour and lot code with request.

Lot code

Lot code is mill packed date

Specifications

Protein (14% M.B.)	14% +/- 0.3%
Moisture (Maximum)	14%
Ash (14% M.B.)	> 1.5%
Falling Number	> 350 sec

Ingredient statement

Whole wheat flour

Nutritional analysis on page 2



THE KING ARTHUR FLOUR COMPANY, INC.

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Nutrients	Per 100g	%DV		Nutrients	Per 100g	%DV
Calories (kcal)	340			Vitamin A - IU (IU)	9	
Calories from Fat (kcal)	22.5			Vitamin C (mg)	0	0%
Fat (g)	2.5	3.21%		Vitamin D - mcg (mcg)	0	0%
Saturated Fat (g)	0.43	2.15%		Vitamin B1 (mg)	0.5	41.83%
Trans Fatty Acid (g)	0			Vitamin B2 (mg)	0.16	12.69%
Cholesterol (mg)	0	0%		Vitamin B3 (mg)	4.96	
Carbohydrates (g)	68	24.73%		Vitamin B3 - Niacin Equiv (mg)	7.68	47.99%
Total Sugars (g)	0.41			Folic Acid (mcg)	0	
Added Sugar (g)	0	0%		Folate, DFE (mcg DFE)	44	11.00%
Dietary Fiber (2016) (g)	10.7	38.21%		Minerals		
Protein (g)	14	28.00%		Calcium (mg)	34	2.62%
Ash (g)	1.5			Iron (mg)	3.6	20.00%
Water (g)	14			Sodium (mg)	2	0.09%
Vitamins				Potassium (mg)	363	7.72%

Source: USDA Nutrient Database for Standard Reference, Release 28 (Updated May 2016)

MANUFACTURER PRODUCT SPEC SHEET DISTRIBUTED BY

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