

Bread Flour

WHOLE NUTRITION

Serving Size: 1/4 cup (40g)

Servings Per Container: About 22

Amount Per Serving

Calories: 148 Calories from Fat: 8

%Daily Value*

Total Fat: 1g 2%

Saturated Fat: 0g 0%

Trans Fat: 0g

Cholesterol: 0mg 0%

Sodium: 0mg 0%

Total Carbohydrate: 30g 10%

Dietary Fiber: 4g 16%

Sugars: 0g

Protein: 4g 6%

Vitamin A: 0% • Vitamin C: 0%

Calcium: 2% • Iron: 7%

* Percent Daily Values are based on a
2,000 calorie diet.

INGREDIENTS: Heritage Bread
Wheat, Hard Red Spring Wheat

STORAGE: In a cool, dry place.

ALLERGENS: This product
contains wheat. Manufactured on
shared equipment with eggs and milk.