



142053

# The King Arthur Flour Company, Inc.

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## Nutritional Analysis of *King Arthur* Bakery Flour

**Nutrients** (Units/100 grams).  
 Analysis based on 100 gram sample  
 of flour. (1 cup of unsifted flour =  
 approx. 115 grams).

	Sir Galahad	Special	142053 Sir Lancelot Hi- Gluten	100% White Whole Wheat	Whole Wheat	Guinevere Cake	Round Table Pastry
Calories	350.00	361.00	350.00	320.00	339.00	350.00	350.00
Total Fat g.	1.18	1.66	1.20	1.62	1.87	0.86	0.86
Saturated Fat g.	0.31	0.24	0.30	0.24	0.32	0.13	0.13
Cholesterol mg.	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sodium mg.	0.59	0.59	0.59	2.00	5.00	0.59	0.59
Total Carbohydrates g.	72.73	72.53	70.26	61.40	72.57	78.03	78.03
Total Dietary Fiber (TDF) g.	2.38	2.40	2.81	10.49	12.20	1.70	1.70
Sugars g.	0.92	0.92	0.92	2.70	1.37	2.00	2.00
Protein g.	11.80	12.70	14.00	13.00	14.20	9.40	9.40
Vitamin A I.U.	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin C mg.	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Calcium mg.	9.15	9.15	9.15	19.00	34.00	9.15	9.15
Iron mg.	4.41	4.41	4.41	3.30	3.88	7.32	7.32
Thiamin (B1) mg.	0.64	0.81	0.64	n/a	0.45	0.89	0.89
Niacin (B3) mg.	5.29	5.29	5.29	n/a	6.37	6.79	6.79
Riboflavin (B2) mg.	0.49	0.51	0.40	n/a	0.22	0.43	0.43
Malted Barley mg.	0.07	0.07	0.07	0.00	0.00	N/A	N/A
Potassium mg.	107.00	100.00	N/A	411.00	405.00	105.00	105.00
Folic Acid mg.	0.15	0.15	0.16	0.00	0.00	0.13	0.13

\*I.U. = International Units