

# ConAgra Foods

*Food Ingredients Company*

144058

Grain Processing Group  
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## Brand Name: Fine Whole Wheat Flour, Stone Ground

**Description:** Fine Whole Wheat Flour, Stone Ground is the food prepared in the grinding and bolting of cleaned hard wheat. The product is produced in accordance with good manufacturing practices and all applicable FDA regulations as amended

<b>Molsture:</b>	14.0% Maximum	<b>Granulation:</b>	
<b>Ash*:</b>	N/A	On US 20W	0.0% Maximum
<b>Protein*:</b>	14.0% Minimum	On US 40W	5.0% +/- 5.0%
<b>Falling Number*:</b>	>300 secs	On US 60W	10.0% +/- 5.0%
		On US 80W	20.0% +/- 5.0%
		On US 100W	15.0% +/- 5.0%
		Pan	50.0% +/- 5.0%

**Ingredient Listing:** Whole Wheat Flour

All testing methods AACC (American Association of Cereal Chemists) approved.

\*Moisture Basis/Nitrogen Factor: 12.0% MB/n x 5.7

**Shelf Life:** 90 days at recommended storage conditions and good sanitary practices.  
Best if used within 60 days.

**Storage Conditions:** 70 degrees F; 70% Relative Humidity

**Kosher Certification:** Kashruth certification by Kosher Overseers of America.

### Nutritional Information:

<b>Calories (kcal)</b>	320	<b>TDF (g)</b>	10.49	<b>Protein (g)</b>	14.0
<b>Calories from Fat</b>	15	<b>Sodium (mg)</b>	2	<b>Calcium (mg)</b>	19
<b>Fat (g)</b>	1.62	<b>Potassium (mg)</b>	411	<b>Iron (mg)</b>	3.30*
<b>Saturated Fat (g)</b>	0.240	<b>Vitamin A (IU)</b>	0.0	<b>Vitamin C (mg)</b>	0.0
<b>Cholesterol (g)</b>	0.0	<b>Monounsaturated Fat (g)</b>	0.241	<b>Soluble Fiber (g)</b>	1.70
<b>Carbohydrate (g)</b>	61.4	<b>Polyunsaturated Fat (g)</b>	0.620	<b>Insoluble Fiber (g)</b>	8.79
<b>Sugars (g)</b>	2.70				

\*Unenriched Value

The above assays represent guidelines for product formulation, and were run on a random basis. Varietal and growing conditions (weather and soil) can have an effect on these values. Data is based on composite commercial samples analyzed on a 100 g basis.