

Snavely's Mill Inc.	Document #: IC10.3.3
333 Snavely Mill Road, Lititz, PA	Issued: 11/25/03
Nutrient Content Information	Revised:
Whole Wheat Flour	Supercedes:

152024

Nutrient Content Information

Products: Fine Whole Wheat Flour
 Medium Whole Wheat Flour
 X-Coarse Whole Wheat Flour
 Cracked Wheat

Company: Snavely's Mill Inc.

Nutrient Content (per 100g flour):

Calories: 339

Moisture: 13g

Protein: 14.0g

Ash: 1.6g

Carbohydrates: 73g

Sugars: 0.41g

Dietary Fiber: 12.2g

Vitamin A: 9 I.U.

Vitamin C: 0 mg

Folate: 0.04mg

Thiamin: 0.45mg

Niacin: 6.4mg

Fat: 1.9g

Saturated: 0.32g

Unsaturated: 1.0g

Mono: 0.23g

Poly: 0.78g

Trans: 0g

Cholesterol: 0mg

Iron: 3.9mg

Calcium: 34mg

Sodium: 5.0mg

Potassium: 405mg

Riboflavin: 0.22mg

g = gram, mg = milligram, I.U. = international units

Note: Variations in wheat quality make this information subject to change.
 This information was obtained from the following sources:

 USDA Handbook 8-20 Composition of Foods

 USDA Handbook 456 Nutritive Value of American Foods

 USDA National Nutrient Database