

Atta Flour

Atta Flour is used in unleavened Indian foods. It is darker, fine grade flour that is obtained from high protein wheat.

Ingredients

Unbleached roller milled flour and pollard.

Nutritional Information

Serving size	40g (1/3 cup)	
	Average quantity per serving	Average quantity per 100g
Energy	572kJ	1430kJ
Protein	5.0g	12.5g
Fat total	0.6g	1.5g
- saturated	Less than 1g	Less than 1g
Carbohydrate	26.80g	67.0g
- sugars	Less than 1g	Less than 1g
Dietary Fibre	3.6g	8.9g
Sodium	Less than 2.8mg	Less than 6mg

Storage instructions

Store in a cool, dry place

Packaging

Provided in a white multiwall paper bag.

Code & Size

Flour66 12.5kg
Flour75 25kg