

Fortified Self Raising Flour

Self Raising Flour is produced at Cummins Mill from high quality premium wheat grown on the Eyre Peninsula. Self Raising Flour creates a wonderful base for many of your home baked cakes. This SR Flour has an increased level of sodium bicarbonate in order to reduce coarseness when cooking.

Ingredients

Unbleached Bakers Flour, Aerophos, Sodium Bicarbonate, Vitamin (Thiamine & Folate), Vitamin (folic Acid) and Mineral (Iron – Nutrafine RS).

Nutritional Information		
Serving size	40g (1/3 cup)	
	Average quantity per serving	Average quantity per 100g
Energy	560kJ	1410kJ
Protein	4.5g	11.1g
Fat total	Less than 1g	1.0g
- saturated	Less than 1g	Less than 1g
Carbohydrate	27.1g	67.6g
- sugars	Less than 1g	Less than 1g
Sodium	380mg	950mg

Storage instructions

Store in a cool, dry place

Packaging

Provided in lined steel drums, plastic lined calico bag and plastic bag..

Codes & Sizes

Flour80 10kg tin
Flour81 3 x 5kg dilly bag
Flour82 8 x 1kg plastic bags