

# Cummins Milling

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## Self Raising Flour

*This product creates a wonderful base for home baked cakes.*

### Ingredients

Unbleached Bakers Flour, SAPP32, Sodium Bicarbonate, Vitamin (Thiamine & Folate).

### 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 a white multiwall paper bag.

### Code & Size

Flour05 25kg  
Flour06 12.5kg  
Flour90 1.2kg

### Applications

Cakes  
Quiche Pastry  
Pie Bottom Pastry  
Scones  
Irish Soda Bread