

## Unbleached First Quality Plain Flour

*Unbleached First Quality Plain Flour is produced at Cummins Milling from high quality premium wheat grown on the Eyre Peninsula.*

### *Ingredients*

Unbleached roller milled flour, Vitamin (Thiamine & Folate).

### *Nutritional Information*

<i>Serving size</i>	<i>40g (1/3 cup)</i>	
	<i>Average quantity per serving</i>	<i>Average quantity per 100g</i>
Energy	580kJ	1450kJ
Protein	4.48g	11.2g
Fat total	Less than 1g	1.1g
- saturated	Less than 1g	Less than 1g
Carbohydrate	27.70g	69.4g
- sugars	Less than 1g	Less than 1g
Sodium	Less than 1.8mg	Less than 5mg

### *Storage instructions*

Store in a cool, dry place

### *Packaging*

Provided in a white multiwall paper bag.

### *Code & Size*

Flour57            25kg  
Flour60            12.5kg

### *Applications*

Dusting  
Gravy  
Souips  
Muffins  
Cakes  
General Cooking