

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

Serving size	40g (1/3 cup)	
	Average quantity per serving	Average quantity per 100g
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