

Wholemeal 90:10 Flour

Wholemeal 90:10 is produced at Cummins Milling from a combination of hard and premium wheats. A blended product containing wholemeal flour and strong flour.

Ingredients

Unbleached roller milled wheat, 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	566.4kJ	1416kJ
Protein	4.98g	12.45g
Fat total	0.77g	1.92g
- saturated	Less than 1g	Less than 1g
Carbohydrate	24.65g	61.62g
- sugars	Less than 1g	Less than 1g
Dietary Fibre	4.11g	10.28g
Sodium	1.88mg	4.7mg

Storage instructions

Store in a cool, dry place

Packaging

Provided in a brown multiwall paper bag.

Sizes

12.5kg

25kg