

Wholemeal Flour

Produced from wholegrain roller milled flour with no additives, using a process which involves breaking the grain and recirculating the wholegrain components into light ‘fluffy’ textured flour.

Ingredients

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

Nutritional Information

Serving size	40g (1/3 cup)	
	Average quantity per serving	Average quantity per 100g
Energy	560kJ	1410kJ
Protein	5.0g	12.5g
Fat total	Less than 1g	2.0g
- saturated	Less than 1g	Less than 1g
Carbohydrate	24.3g	60.7g
- sugars	Less than 1g	Less than 1g
Dietary Fibre	4.4g	11.0g
Sodium	Less than 1.8mg	Less than 5mg

Storage instructions

Store in a cool, dry place

Packaging

Provided in a brown multiwall paper bag.

Codes & Sizes

Flour39 25kg