



Sprouted Flour
12530 - Sprouted Spelt Flour
 See package for details



Nutrition Facts

Servings per Container **14**
 Serving size **32.5g**

Amount per serving
Calories 110

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 4g	
Vitamin D 0.94mcg	5%
Calcium 14.3mg	1%
Iron 0mg	0%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* Benefits

Organic Sprouted Spelt Flour

Ingredients

Spelt Flour

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- soy
- tree nuts
- wheat

Handling Suggestions

See label for suggestions

Serving Suggestions

See label for suggestions

Prep & Cooking Suggestions

See label for suggestions

📄 Product Specifications

Brand	Manufacturer	Product Category
Sprouted Flour	Healthy Flour	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
811205021086	SSF01	12530			6/16 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6.3lb	6lb	United States		

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.5in	8.5in	5in	0.41ft3	10x10	822days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	110	Total Fat	0.5g	Sodium	0mg
Protein	4	Trans Fats		Calcium	14.3mg
Total Carbohydrates...	24g	Saturated Fat	0g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	5g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0.94mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

