

#### **Sprouted Flour**

# 12530 - Sprouted Spelt Flour Organic



Spelt flour is healthy, because it is whole wheat and unlike 'normal' flour, spelt has a flavor, a nutty flavor. Whole wheat flours are ground up with their outer grain layers and are fresher, but more prone to going rancid. Use it in your cakes, breads, and muffins.



#### \* Benefits

Organic Sprouted Spelt Flour

| Ingredients | ▲ Allergens  |
|-------------|--|
| Spelt Flour | Free From:  Crustaceans eggs fish milk  peanuts observed sesame soy tree nuts  wheat |

# **Nutrition Facts**

Servings per Container 14 Serving size 32.5g

Amount per serving Calories

110

| Jaiorios                | 110         |
|-------------------------|-------------|
| % D                     | aily Value* |
| Total Fat 0.5g          | 1%          |
| Saturated Fat 0g        | 0%          |
| Trans Fat 0g            |             |
| Cholesterol 0mg         | 0%          |
| Sodium Omg              | 0%          |
| Total Carbohydrate 24g  | 9%          |
| Dietary Fiber 5g        | 18%         |
| Total Sugars 0g         |             |
| Includes 0g Added Sugar | 0%          |
| Protein 4g              | _           |
| Vitamin D 0.94mcg       | 4%          |
| Calcium 14.3mg          | 2%          |
| Iron 0mg                | 0%          |
| Potassium 0mg           | 0%          |

a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

## Handling Suggestions

See label for suggestions UNIT UPC: 811205021086

# **Serving Suggestions**

See label for suggestions

### Prep & Cooking Suggestions

See label for suggestions



| Brand          | Manufacturer  |
|----------------|---------------|
| Sprouted Flour | Healthy Flour |

| UPC          | MFG # | SPC # | GTIN           | Pack | Pack Desc. |
|--------------|-------|-------|----------------|------|------------|
| 811205021086 | SSF01 | 12530 | 10811205021083 |      | 6/16 OZ    |

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

| Shipping Information |       |        |         |       |            |                      |
|----------------------|-------|--------|---------|-------|------------|----------------------|
| Length               | Width | Height | Volume  | TIxHI | 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          | 0g      | 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(IU)•      |     | 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       |        |

| 0 | Additional Images |  |  |  |  |  |
|---|-------------------|--|--|--|--|--|
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