

Farmer Direct Foods

180072 - Stone Ground Rye Flour



Our whole rye flour is 100% whole grain and stone-ground, giving it a robust flavor and dense texture that is perfect for creating rustic breads, sourdoughs, and other baked goods.



Benefits

Our whole rye flour is 100% whole grain and stone-ground, giving it a robust flavor and dense texture that is perfect for creating rustic breads, sourdoughs, and other baked goods. The high protein content of rye flour helps to create a strong, elastic dough, making it ideal for long, slow rises and giving your breads a satisfying chew. Whether you're looking to add depth and flavor to your sourdough loaves or create a rye-based classic like pumpernickel, whole rye flour is an essential ingredient for artisan bakers.

Ingredients	▲ Allergens
100% Whole Grain Dark Rye	Contains:
	Free From: Some crustaceans of eggs of fish of milk peanuts of sesame of soy of tree nuts

Nutrition Facts

Servings per Container 700 Serving size 0.25CP (0.25GS21)

Amount per serving Calories

110

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium Omg	0%
Total Carbohydrate 23g	g 8%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Su	ıgar 0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 134mg	2%

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

Manufacturer

a day is used for general nutrition advice.

Handling Suggestions

Dry

Serving Suggestions

Baking

Prep & Cooking Suggestions

Use according to recipe/ application purpose. Do not consume raw.



Product Specifications

Brand

	Farmer Direct Foods			Farmer D	irect Fo	ods
UF	UPC MFG # SPC #		GTIN	Pack	Pack Desc.	
	8535180010	72 DISC	180072	00853518001072		1/50 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
50.5lb	50lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
17in	5in	25in	1.23ft3	5x10	237days	60°F / 77°F





Farmer Direct Foods

180072 - Stone Ground Rye Flour



Our whole rye flour is 100% whole grain and stone-ground, giving it a robust flavor and dense texture that is perfect for creating rustic breads, sourdoughs, and other baked goods.

Nutrition Analysis - By Measure

Calories	110	Total Fat	0g	Sodium	0mg
Protein	4	Trans Fats	0g	Calcium	10mg
Total Carbohydrates	23g	Saturated Fat	0g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	134mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	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					

