



## Farmer Direct Foods

# 518012 - Whole Wheat White Flour Stone Groun

Our whole white wheat flour is 100% whole wheat, regeneratively grown, and stone-ground to preserve the natural nutrition of the grain. It contains less ash and tannin content than red wheat and lends a milder, sweeter flavor and lighter color.



## Nutrition Facts

Servings per Container 700  
Serving size 32grams (0.25GS21)

Amount per serving  
**Calories 110**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugar	0%
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.1mg	6%
Potassium 110mg	2%

\* 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

Our whole white wheat flour is 100% whole wheat, regeneratively grown, and stone-ground to preserve the natural nutrition of the grain. It contains less ash and tannin content than red wheat and lends a milder, sweeter flavor and lighter color. This flour is ideal for nutritionally enhancing your existing recipes, while ensuring great taste and texture. Due to its flavor and color profile, it can be used in a 50/50 ratio of whole white wheat and all-purpose flour, or on its own.

### Ingredients

100% Hard Whole White Wheat Flour

### ⚠ Allergens

#### Contains:



wheat

#### Free From:



crustaceans



eggs



fish



milk



peanuts



soy



tree nuts

### Handling Suggestions

Dry

### 📄 Product Specifications

Brand	Manufacturer	Product Category
Farmer Direct Foods	Farmer Direct Foods	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
853518001294	853518001294	518012	00853518001294		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	TlxHl	Shelf Life	Storage Temp From/To
17in	5in	25in	1.23ft3	5x10	237days	60°F / 77°F

### Serving Suggestions

Baking

### Prep & Cooking Suggestions

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



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### Nutrition Analysis - By Measure

Calories	110	Total Fat	0g	Sodium	0mg
Protein	4	Trans Fats		Calcium	0mg
Total Carbohydrates...	24g	Saturated Fat	0g	Iron	1.1mg
Sugars	0g	Added Sugars	0g	Potassium	110mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		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	

### Additional Images

