



Gold Medal

8402400 - Whole Wheat Flour Stone Ground Vega

Appreciated by bakers who wish to produce nutritious whole grain baked goods, especially schools who strive to meet nutrition goals in their menus.

Contains a 13.8% protein level.



Nutrition Facts

Servings per Container 0
Serving size 0.25CP (0.25GS21)

Amount per serving
Calories 100

% Daily Value*

Total Fat	0.5g	0%
Saturated Fat	0g	0%
Trans Fat		
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	21g	8%
Dietary Fiber	3g	11%
Total Sugars	0g	
Includes	0g Added Sugar	0%
Protein	4g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0.6mg	3%
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

A fine granulation whole grain flour milled from high protein spring wheat. Provided in an untreated option. Available in a 50 lb package, which is cost effective for large operations. Appreciated by bakers who wish to produce nutritious whole grain baked goods, especially schools who strive to meet nutrition goals in their menus. Contains a 13.8% protein level.

Ingredients

WHOLE WHEAT FLOUR

⚠ Allergens

Contains:



wheat

Free From:



crustaceans



eggs



fish



milk



peanuts



soy



tree nuts

Handling Suggestions

dry storage

📄 Product Specifications

Brand	Manufacturer	Product Category
Gold Medal	Dot Foods	Flour & Cornmeal

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	492518	8402400	10016000580722		1/50 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
51lb	50lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
23.5in	15.75in	4.85in	1.04ft3	5x10	88days	60°F / 77°F

Serving Suggestions

Use as an ingredient in your desired recipe or formula. Raw flour is not ready-to-eat and must be thoroughly cooked before eating. To prevent illness from naturally occurring bacteria in wheat flour, do not eat or play with raw dough or batter; wash hands and surfaces after handling.

Prep & Cooking Suggestions

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Nutrition Analysis - By Measure

Calories	100	Total Fat	0.5g	Sodium	0mg
Protein	4	Trans Fats		Calcium	0mg
Total Carbohydrates...	21g	Saturated Fat	0g	Iron	0.6mg
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

