

Forging a Bond Between Organic Producers and Consumers

2109 Frederick St., Oakland, CA 94606 USA, (510) 534-2665 (800) 537-7589

www.cooknaturally.com Fax: (510) 534-2509

Specification Sheet

Organic All Winter Flour

Description

Organic All Winter Flour is the food prepared by the grinding and bolting of cleaned organic hard wheat The particle size shall, under appropriate sieving test not less than 98 % through a woven cloth designated "212 microns or US standard sieve 70". The flour is freed from bran coat and germ shall meet the moisture, ash and protein specifications as listed below.

The flour is produced in accordance with good manufacturing practices and all applicable FDA regulations as amended.

Ingredient Listing: Organic Wheat Flour

Certification: QAI

Storage Conditions: 70 degrees F; 70% Relative Humidity

Shelf Life: 6 months at recommended storage conditions and good sanitary practice

Allergen Statement: Contains Wheat

<u>Analysis</u>		Method of Analysis
Moisture	Maximum 14.3%	AACC 44-15A
Protein	11.0% Minimum	AACC 08-01
Ash (14% moisture basis)	0.55 +/- 0.03%	AACC 46-11A
Falling Number	>300	AACC 56-81B
Standard Plate Count	<1,000,000/g	FDA/BAM
Yeast/Mold	<5,000/g	FDA/BAM
Coliform	<500/g	FDA/BAM
E Coli	<10/g	FDA/BAM
Salmonella	Negative	FDA/BAM

Nutritional Information

Reported on a 100g basis

Calories	361	Protein	11.00 g
Fat	1.66 g	Sodium	2 mg
Saturated Fat	0.244 g	Calcium	24 mg
Trans Fat	0.0 g	Potassium	100 mg
Monounsaturated Fat	0.14 g	Iron	0.9 mg
Polyunsaturated Fat	0.727 g	Water	13.36 mg
Total Dietary Fiber	2.40 g	Ash	0.55 g
Carbohydrates	73.43 g	Vitamin A	2 IU
Sugars	0.31 g	Vitamin C	0.0 mg

AOAC approved methods. Composite commercial samples. These assays represent guidelines for product formulation, and were run on a random basis. Varietal and growing conditions (weather and soil) can have an effect on these values.