



Forging a Bond Between Organic Producers and Consumers

2109 Frederick St., Oakland, CA 94606 USA, www.cooknaturally.com
(510) 534-2665 (800) 537-7589 Fax: (510) 534-2509

Specification Sheet

Organic Cracked 6-Grain Mix

Product Description

Ingredients

Organic Hard Red, Wheat, Rye, Hulled Barley, Spelt, Soft White Wheat, #1 Yellow Corn.
Grain is procured from the Northwest region of the United States and Southwestern Canada or Midwestern United States.

Processing

Grain is mixed and cracked on standard Cracker Mill

Additives

None

Preservatives

None

Color

Variegated Cream, white, brown, tan, and yellow

Condition

Free flowing granular

Flavor:

Natural mixed grain flavors

Shelf Life:

6 to 12 months under correct storage conditions.

Allergens

Product contains Gluten, Product does not contain Egg or egg products, Dairy products, peanuts or peanut products, Tree nuts or tree nut products, Soybeans or Soybean products, Seafood or Sulfites.

MSDS

Product is listed under FDA in the CFR-Title 21 Subchapter B as "Food For Human Consumption" and is classified as a non-hazardous material. This product is exempt from the 29 CFR 1910.1200 OSHA Hazardous Communication Standard and MSDS are not required.

Certifications

Organic Certification

QAI

Kosher Certification

Kosher Overseers (Parve)

Other

Product has not been irradiated.

Product has not been genetically altered

Product contains no animal components from an animal source.

Packaging And Storage:

Packaging:

25# and 50# Val-Pack flour bags.

Shipping & Storage:

Cool, ambient (35-55 degrees F)

Humid areas should employ a dehumidifier

General Nutritional Information:

Per 100 grams/ USDA Nutritional Database Information

Nutrient	Unit	
Calories	Kcal	343
Protein	g	13.58
Total Lipid (fat)	g	2.27
Carbohydrate, by difference	g	71.46
Fiber, Total Dietary	g	12.834
Magnesium, Mg	mg	102.22
Phosphorus, P	mg	287.5
Potassium, K	mg	324.26
Calcium, CA	mg	24.636
Iron, Fe	mg	3.3874
Manganese	mg	2.6543
Niacin	mg	5.30
Thiamin	mg	1.00
Vitamin A	IU	21.5

Less than one milligram of Copper, Vitamin C, Thiamin, Riboflavin, Pantothenic Acid, Vitamin B-6, B-12, Folate, Folic Acid, Vitamin A

Microbiological Information:

	Maximum	Reference Method
Aerobic Plate Count	50,000/gram max	FDA-BAM
Coliform	100/gram max	FDA-BAM
E. Coli	Negative	FDA-BAM
Salmonella	Negative 25 grams	FDA-BAM
Yeast & Mold	100/gram max	FDA-BAM

Supplier Information:

Mill Location: Montana Milling, Inc.
Sollid Road and Dakota Street
Conrad, Montana,
Pondera County, USA