



Forging a Bond Between Organic Producers and Consumers

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Specification Sheet

Organic Pastry Flour

Description

Cook Organic Pastry Flour is prepared by, grinding and bolting organically grown soft wheat. All organic ingredients are certified organically grown and processed in accordance with Oregon Tilth Standards.

Analysis

Moisture: 14.0% Maximum
Ash: 0.53% +/- 0.03%
Protein: 8.5% +/- 1.0%

Analysis based on 14% moisture basis. All testing methods AACC (American Association of Cereal Chemists) approved.

Ingredient Listing: Wheat
Moisture Basis/Nitrogen Factor: 14.0% MB/nx5.7
Shelf Life: 90 days at recommended storage conditions and good sanitary
Storage Conditions: 70 degrees F; 70% Relative
Kosher Certification: Kashruth certification by Kosher overseers of America.

Specification is for the current crop year and is subject to review at new crop transition.

Nutritional Information:

Calories (cal)	341	TDF (g)	3.25	Protein (g)	8.5
Calories from Fat	8	Soluble Fiber (g)	1.25	Monounsaturated Fat (g)	0.073
Fat (g)	0.84	Insoluble Fiber (g)	2.00	Polyunsaturated Fat (g)	0.280
Saturated Fat (g)	0.098	Sodium (mg)	3.0		
Cholesterol (g)	0.0	Potassium (mg)	157		
Carbohydrate (g)	74.7	Vitamin (IU)	0.0		
Sugars (g)	1.50	Vitamin C (mg)	0.0		
Iron (mg)	0.86	Calcium (mg)	16		

The above assays represent guidelines for product formulation, and were run on a random basis. Varietals and growing conditions (weather and soil) can have an effect on these values. Data is based on composite commercial samples analyzed on a 100g basis.