

### 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 Whole Wheat Fine Flour**

# **Description**

Organic Whole Wheat Flour Fine is the food prepared by the grinding and bolting of cleaned organic hard wheat. The flour shall meet the moisture 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 Whole Wheat flour

Certification OAI Enrichment None

**Method Of Analysis** <u>Analysis</u>

Moisture Maximum 10.5% AACC 44-15A Minimum 14.0% AACC 08-01 Protein 350 or better Falling Number

Milling Temperature - below 110 degrees

Granulation - 98% passes through 20-mesh screen 58 lb. or better Test Weight for Wheat

## **Nutritional Information**

Sample Size: Amount Per Serving:	100 g Calories 327 ● Calories from fat 14
Total Fat	1.54 g
Saturated Fat	0.269 g
Cholesterol	0 mg
Sodium	2 mg
Iron	3.19 mg
Total Carbohydrate	71.18 g
Dietary Fiber	12.2 g
Protein	12.61 g
Vitamin A	0 IU
Vitamin C	0 mg
Calcium	29 mg
Iron	3.19 mg

The above 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. Data is based on composite commercial samples analyzed on a 100 g basis.

<sup>\*</sup> Un-enriched value.