

ORGANIC DURUM PATENT FLOUR
Nutritional Analysis

Information on a 100g basis.

Calories	<u>349.42</u>	Fat:	<u>1.30</u>	g
Moisture:	<u>14.0</u>	Saturated:	<u>.44</u>	g
Protein:	<u>12.6</u>	Unsaturated:	<u>.86</u>	g
Ash:	<u>.90</u>	Monounsaturated:	<u>.37</u>	g
Carbohydrates*:	<u>71.77</u>	Polyunsaturated:	<u>.49</u>	g
Complex:	<u>64.03</u>	Cholesterol:	<u>n/a</u>	mg
Sugars:	<u>2.72</u>	Total Dietary Fiber:	<u>5.01</u>	g
Vitamin A:	<u>98.12</u>	Soluble:	<u>1.24</u>	g
Vitamin C:	<u>n/a</u>	Insoluble:	<u>3.77</u>	g
Thiamin:	<u>** .28</u>	Iron:	<u>** 1.23</u>	mg
Niacin:	<u>** 3.31</u>	Calcium:	<u>28.25</u>	mg
Riboflavin:	<u>** .08</u>	Sodium:	<u>7.34</u>	mg
		Potassium:	<u>220.00</u>	mg

g = gram, mg = milligram, I.U. = international units, and NE = niacin equivalent

***Carbohydrates include Total Dietary Fiber**

**** Typical unenriched Durum flour averages 1.23 mg Iron, 0.28 mg Thiamin, 0.08 mg Riboflavin, and 3.31 mg Niacin per 100g as noted in Agricultural Handbook B.**