

**ORGANIC SEMOLINA, Unenriched
Nutritional Analysis**

Jan. 2002

Information on a 100g basis.

Calories	348.19		Fat:	1.15	g
Moisture:	14.0	g	Saturated:	.23	g
Protein:	12.2	g	Unsaturated:		g
Ash:	.71	g	Monounsaturated:	.16	g
Carbohydrates*:	72.10	g	Polyunsaturated:	.75	g
Complex:	68.37	g	Cholesterol:	n/a	mg
Sugars:	3.73	g	Total Dietary Fiber:	3.96	g
Vitamin A:	N/A	I.U.	Soluble:	1.93	g
Vitamin C:	N/A	mg	Insoluble:	2.03	g
Thiamin:	** .15	mg	Iron:	** 1.16	mg
Niacin:	** 1.87	mg NE	Calcium:	26.00	mg
Riboflavin:	** .19	mg	Sodium:	6.10	mg
			Potassium:	190.00	mg

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

***Carbohydrates include Total Dietary Fiber**

**** Typical unenriched flour averages 1.17 mg Iron, 0.12 mg Thiamin, 0.04 mg Riboflavin, and 1.25 mg Niacin per 100g as noted in Agricultural Handbook B.**