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Nutritional Analysis of <i>King Arthur</i> Bakery Flour							
Nutrients (Units/100 grams). <i>Analysis based on 100 gram sample of flour. (1 cup of unsifted flour = approx. 115 grams).</i>	142056						
	Sir Galahad	Special	Sir Lancelot Hi-Gluten	100% White Whole Wheat	Whole Wheat	Guinevere Cake	Round Table Pastry
Calories	350.00	361.00	350.00	320.00	339.00	350.00	350.00
Total Fat g.	1.18	1.66	1.20	1.62	1.87	0.86	0.86
Saturated Fat g.	0.31	0.24	0.30	0.24	0.32	0.13	0.13
Cholesterol mg.	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sodium mg.	0.59	0.59	0.59	2.00	5.00	0.59	0.59
Total Carbohydrates g.	72.73	72.53	70.26	61.40	72.57	78.03	78.03
Total Dietary Fiber (TDF) g.	2.38	2.40	2.81	10.49	12.20	1.70	1.70
Sugars g.	0.92	0.92	0.92	2.70	1.37	2.00	2.00
Protein g.	11.80	12.70	14.00	13.00	14.20	9.40	9.40
Vitamin A I.U.	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin C mg.	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Calcium mg.	9.15	9.15	9.15	19.00	34.00	9.15	9.15
Iron mg.	4.41	4.41	4.41	3.30	3.88	7.32	7.32
Thiamin (B1) mg.	0.64	0.81	0.64	n/a	0.45	0.89	0.89
Niacin (B3) mg.	5.29	5.29	5.29	n/a	6.37	6.79	6.79
Riboflavin (B2) mg.	0.49	0.51	0.40	n/a	0.22	0.43	0.43
Malted Barley mg.	0.07	0.07	0.07	0.00	0.00	N/A	N/A
Potassium mg.	107.00	100.00	N/A	411.00	405.00	105.00	105.00
Folic Acid mg.	0.15	0.15	0.16	0.00	0.00	0.13	0.13
*I.U. = International Units							