

Item # 155011

Desc: Prairie Gold (86) Flour

Nutrition Facts

Serving Size 1/4 cup (30g /1.1oz)

Servings Per Container Varied

Amount Per Serving

Calories 100 Calories from Fat 0

% Daily Value*

Total Fat 0.5 g 1 %

Saturated Fat 0 g 0 %

Trans Fat 0g

Cholesterol 0 mg 0 %

Sodium 0 mg 0 %

Total Carbohydrate 21 g 7 %

Dietary Fiber 3g 13 %

Sugars 0g

Protein 5g

Vitamin A 0% Vitamin C 0%

Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

155011 Prairie Gold (86) Flour

Ing: Hard white spring wheat.

Certified Chemical Free.

**Contains: Wheat Ingredients.

Product information/materials may change.

Refer to the package or call for updates.