

Item # 142053

Desc: Sir Lancelot Hi-Gluten Flour

Nutrition Facts			
Serving Size 1/4 cup (approx) (30g)			
Servings Per Container Varied			
Amount Per Serving			
Calories 110		Calories from Fat 0	
% Daily Value*			
Total Fat	0 g		0 %
Saturated Fat	0 g		0 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrate	21 g		7 %
Dietary Fiber	0 g		3 %
Sugars	0 g		
Protein	4 g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	• Iron	8%

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

142053 Sir Lancelot Hi-Gluten

Ing: Enriched spring wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted barley flour. Contains: Wheat Ingredients. Product information/materials may change. Refer to the package or call for updates.