

Item # 141100

Desc: Self Rising Flour

Nutrition Facts

Serving Size 1/4 cup (30g)

Servings Per Container Varied

Amount Per Serving

Calories 100 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 360 mg 15 %

Total Carbohydrate 22 g 7 %

Dietary Fiber 1 g 3 %

Sugars 0 g

Protein 3 g

Vitamin A 0% Vitamin C 0%

Calcium 8% • 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.

141100 Self Rising Flour

Ing: Bleached enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), salt, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), calcium sulfate.

Contains: Wheat Ingredients.

Product information/materials may change.

Refer to the package or call for updates.