



siemermilling.com

Siemer Milling Company
111 W. Main St. Teutopolis, IL 62467
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(217) 857-3131



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Nutrient Content Per 100 grams.

Product Name:	HT10,000 Spring Wheat Flour	Date:	2019-2020
Company:	Siemer Milling Company		
Address:	PO Box 670, Teutopolis, IL 62467		
Phone:	217.857.3131	Fax:	217.857.3092
Mill Location:	Teutopolis, IL		

Reported on as is basis.

Calories	362	Kcal	Fat	1.386	g
Moisture	10.0	g	Saturated	0.206	g
Protein	13.5	g	Monounsaturated	0.152	g
Ash	0.54	g	Polyunsaturated	0.689	g
Carbohydrates	74.57	g	Trans Fatty Acid	0.0	g
Sugars	1.064	g	Cholesterol	0.0	mg
Added Sugars	0.0	g			
Total Dietary Fiber	2.4	g	Calcium	22.593	mg
Vitamin A	0.0	IU	Iron	5.058	mg
Vitamin C	0.0	mg	Magnesium	25.0	mg
Vitamin D	0.0	mcg			
Thiamin	0.736	mg	Phosphorus	97.0	mg
Niacin	5.951	mg NE	Potassium	126.361	mg
Riboflavin	0.445	mg	Sodium	2.0	mg
Pantothenic Acid	0.438	mg	Zinc	0.85	mg
Vitamin B 6	0.037	mg	Copper	0.182	mg
Folic Acid	0.154	mg	Manganese	0.792	mg
Vitamin B 12	0.000	mcg	Selenium	39.7	mcg
Vitamin E	0.704	mg	Caffeine	0.0	mg

g = gram | mg = milligram | IU = International Units | NE = Niacin Equivalent

Ingredient Legend: Bleached Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid)

Prepared By: Jodi Cole, Product Performance and Food Safety Manager