



**Siemer Milling Company**  
 111 W. Main St. Teutopolis, IL 62467  
 315 Quintin Court Hopkinsville, KY 42240  
 (217) 857-3131



**Nutrient Content Per 100 grams.**

<b>Product Name:</b>	HT2000 Bleached and Enriched	<b>Date:</b>	2019-2020
<b>Company:</b>	Siemer Milling Company		
<b>Address:</b>	PO Box 670, Teutopolis, IL 62467		
<b>Phone:</b>	217.857.3131	<b>Fax:</b>	217.857.3092
<b>Mill Location:</b>	Teutopolis, IL		

Reported on as is basis.

Calories	362	Kcal	Fat	1.04	g
Moisture	13.0	g	Saturated	0.440	g
Protein	7.6	g	Monounsaturated	0.170	g
Ash	0.48	g	Polyunsaturated	0.380	g
Carbohydrates	77.88	g	Trans Fatty Acid	0.0	g
Sugars	0.31	g	Cholesterol	0.0	mg
Added Sugars	0.0	g			
Total Dietary Fiber	3.5	g	Calcium	14.0	mg
Vitamin A	0.0	IU	Iron	4.64	mg
Vitamin C	0.0	mg	Magnesium	16.0	mg
Vitamin D	0.0	mcg			
Thiamin	0.892	mg	Phosphorus	85.0	mg
Niacin	6.79	mg NE	Potassium	105.0	mg
Riboflavin	0.430	mg	Sodium	2.0	mg
Pantothenic Acid	0.458	mg	Zinc	0.62	mg
Vitamin B 6	0.033	mg	Copper	0.139	mg
Folic Acid	0.154	mg	Manganese	0.634	mg
Vitamin B 12	0.000	mcg	Selenium	4.9	mcg
Vitamin E	0.029	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, and Folic Acid)

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