



siemermilling.com

**Siemer Milling Company**  
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**Nutrient Content Per 100 grams.**

<b>Product Name:</b>	HT Hard Wheat Flour	<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	361	Kcal	Fat	1.66	g
Moisture	12.0	g	Saturated	0.244	g
Protein	10.68	g	Monounsaturated	0.140	g
Ash	0.54	g	Polyunsaturated	0.727	g
Carbohydrates	75.12	g	Trans Fatty Acid	0.0	g
Sugars	0.0	g	Cholesterol	0.0	mg
Added Sugars	0.0	g			
Total Dietary Fiber	2.4	g	Calcium	14.0	mg
Vitamin A	0.0	IU	Iron	1.26	mg
Vitamin C	0.0	mg	Magnesium	22.0	mg
Vitamin D	0.0	mcg			
Thiamin	0.040	mg	Phosphorus	108.0	mg
Niacin	0.70	mg NE	Potassium	107.0	mg
Riboflavin	0.040	mg	Sodium	2.0	mg
Pantothenic Acid	0.438	mg	Zinc	0.7	mg
Vitamin B 6	0.044	mg	Copper	0.144	mg
Folic Acid	0.020	mg	Manganese	0.682	mg
Vitamin B 12	0.000	mcg	Selenium	33.9	mcg
Vitamin E	0.476	mg	Caffeine	0.0	mg

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

Ingredient Legend: Wheat Flour

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