



siemermilling.com

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



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Nutrient Content Per 100 grams.

Product Name:	Stabilized Whole 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:	Hopkinsville, KY		

Reported on as is basis.

Calories	339	Kcal	Fat	2.05	g
Moisture	12.1	g	Saturated	0.550	g
Protein	10.31	g	Monounsaturated	0.350	g
Ash	1.50	g	Polyunsaturated	1.050	g
Carbohydrates	75.15	g	Trans Fatty Acid	0.0	g
Sugars	0.0	g	Cholesterol	0.0	mg
Added Sugars	0.0	g			
Total Dietary Fiber	11.4	g	Calcium	34.0	mg
Soluble Fiber	0.2	g			
Insoluble Fiber	11.2	g			
Vitamin A	0.0	IU	Iron	3.88	mg
Vitamin C	0.0	mg	Magnesium	1.4	mg
Vitamin D	0.0	mcg			
Thiamin	0.447	mg	Phosphorus	346.0	mg
Niacin	6.37	mg NE	Potassium	405.0	mg
Riboflavin	0.215	mg	Sodium	5.0	mg
Pantothenic Acid	1.008	mg	Zinc	2.93	mg
Vitamin B 6	0.341	mg	Copper	0.382	mg
Folic Acid	0.000	mg	Manganese	3.799	mg
Vitamin B 12	0.000	mcg	Selenium	70.7	mcg
Vitamin E	1.230	mg	Caffeine	0.0	mg

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

Ingredient Legend: Whole Wheat Flour

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