



**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>	HT10,000 Spring Wheat Flour	<b>Date:</b>	2023-2024
<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	1.386	g
Moisture	13.0	g	Saturated	0.206	g
Protein	13.0	g	Monounsaturated	0.152	g
Ash	0.52	g	Polyunsaturated	0.689	g
Carbohydrates	72.09	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	22.0	mg
Vitamin A	0.0	IU	Iron	1.18	mg
Vitamin C	0.0	mg	Magnesium	36.1	mg
Vitamin D	0.0	mcg			
Thiamin	0.298	mg	Phosphorus	134.0	mg
Niacin	1.59	mg NE	Potassium	150.0	mg
Riboflavin	0.0	mg	Sodium	2.0	mg
Pantothenic Acid	0.438	mg	Zinc	1.15	mg
Vitamin B 6	0.085	mg	Copper	0.212	mg
Folate	23	mcg	Manganese	0.819	mg
Vitamin B 12	0.000	mcg	Selenium	20.1	mcg
Vitamin E	0.704	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