



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



Nutrient Content Per 100 grams.

| | | | |
|-----------------------|---------------------------------------|--------------|--------------|
| Product Name: | Whole White Wheat Flour, Heat Treated | Date: | 2023-2024 |
| 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 | 319 | Kcal | Fat | 2.20 | g |
| Moisture | 12.9 | g | Saturated | 0.50 | g |
| Protein | 9.3 | g | Monounsaturated | 0.30 | g |
| Ash | 1.4 | g | Polyunsaturated | 1.40 | g |
| Carbohydrates | 74.2 | g | Trans Fatty Acid | 0.0 | g |
| Sugars | 0.9 | g | Cholesterol | 0.0 | mg |
| Added Sugars | 0.0 | g | | | |
| Total Dietary Fiber | 10.4 | g | Calcium | 20.0 | mg |
| Soluble Fiber | 1.8 | g | | | |
| Insoluble Fiber | 8.6 | g | | | |
| Vitamin A | <10 | IU | Iron | 2.80 | mg |
| Vitamin C | 0.0 | mg | Magnesium | | mg |
| Vitamin D | 0 | IU | | | |
| Thiamin | 0.3 | mg | Phosphorus | | mg |
| Niacin | 4.3 | mg NE | Potassium | 320.0 | mg |
| Riboflavin | 0.2 | mg | Sodium | 4.0 | mg |
| Pantothenic Acid | | mg | Zinc | | mg |
| Vitamin B 6 | | mg | Copper | | mg |
| Folic Acid | 0.1 | mg | Manganese | | mg |
| Vitamin B 12 | | mcg | Selenium | | mcg |
| Vitamin E | | mg | Caffeine | | 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