



The King Arthur Flour Company, Inc.

PO Box 1010 Norwich, VT 05055
 Phone 802.649.3881 Fax: 802.649.3323

Nutritional Analysis of Organic <i>King Arthur</i> Bakery Flour				
	Organic Select Artisan	Organic Baker's Classic	Organic Big-O Hi-Gluten	Organic Whole Wheat
Calories	364.00	361.00	350.00	339.00
Total Fat g.	0.98	1.66	1.20	1.87
Saturated Fat g.	0.15	0.24	0.30	0.32
Cholesterol mg.	0.00	0.00	0.00	0.00
Sodium mg.	2.00	2.00	2.10	5.00
Total Carbohydrates g.	76.00	72.53	70.26	72.57
Dietary Fiber g.	2.70	2.40	2.81	12.20
Sugars g.	2.00	2.10	1.63	1.37
Protein g.	11.30	12.70	14.00	14.20
Vitamin A I.U.	0.00	0.00	0.00	0.00
Vitamin C mg.	0.00	0.00	0.00	0.00
Calcium mg.	15.00	15.00	12.00	34.00
Iron mg.	1.15	1.15	1.15	3.88
Thiamin (B1) mg.	0.12	0.12	0.12	0.45
Niacin (B3) mg.	1.25	1.25	1.25	6.37
Riboflavin (B2) mg.	0.04	0.04	0.04	0.22
Malted Barley mg.	0.07	0.07	0.07	0.00
Potassium mg.	107.00	107.00	107.00	405.00
Folic Acid mg.	0.00	0.00	0.00	0.00
Nutrients (Units/100 grams). Analysis based on 100 gram sample of flour. (1 cup of unsifted flour = approx. 115 grams).				