



The King Arthur Flour Company, Inc.

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Nutritional Analysis of *King Arthur* Bakery Flour

| <i>Nutrients</i> (Units/100 grams). Analysis based on 100 gram sample of flour. (1 cup of unsifted flour = approx. 115 grams). | Sir Galahad | Special | Sir Lancelot Hi- Gluten | 100% White Whole Wheat | Whole Wheat | Guinevere Cake | Round Table Pastry |
|---|-------------|---------|----------------------------|---------------------------|-------------|----------------|-----------------------|
| <i>Calories</i> | 350.00 | 361.00 | 350.00 | 320.00 | 339.00 | 350.00 | 350.00 |
| <i>Total Fat g.</i> | 1.18 | 1.66 | 1.20 | 1.62 | 1.87 | 0.86 | 0.86 |
| <i>Saturated Fat g.</i> | 0.31 | 0.24 | 0.30 | 0.24 | 0.32 | 0.13 | 0.13 |
| <i>Cholesterol mg.</i> | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Sodium mg.</i> | 0.59 | 0.59 | 0.59 | 2.00 | 5.00 | 0.59 | 0.59 |
| <i>Total Carbohydrates g.</i> | 72.73 | 72.53 | 70.26 | 61.40 | 72.57 | 78.03 | 78.03 |
| <i>Total Dietary Fiber (TDF) g.</i> | 2.38 | 2.40 | 2.81 | 10.49 | 12.20 | 1.70 | 1.70 |
| <i>Sugars g.</i> | 0.92 | 0.92 | 0.92 | 2.70 | 1.37 | 2.00 | 2.00 |
| <i>Protein g.</i> | 11.80 | 12.70 | 14.00 | 13.00 | 14.20 | 9.40 | 9.40 |
| <i>Vitamin A I.U.</i> | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Vitamin C mg.</i> | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Calcium mg.</i> | 9.15 | 9.15 | 9.15 | 19.00 | 34.00 | 9.15 | 9.15 |
| <i>Iron mg.</i> | 4.41 | 4.41 | 4.41 | 3.30 | 3.88 | 7.32 | 7.32 |
| <i>Thiamin (B1) mg.</i> | 0.64 | 0.81 | 0.64 | n/a | 0.45 | 0.89 | 0.89 |
| <i>Niacin (B3) mg.</i> | 5.29 | 5.29 | 5.29 | n/a | 6.37 | 6.79 | 6.79 |
| <i>Riboflavin (B2) mg.</i> | 0.49 | 0.51 | 0.40 | n/a | 0.22 | 0.43 | 0.43 |
| <i>Malted Barley mg.</i> | 0.07 | 0.07 | 0.07 | 0.00 | 0.00 | N/A | N/A |
| <i>Potassium mg.</i> | 107.00 | 100.00 | N/A | 411.00 | 405.00 | 105.00 | 105.00 |
| <i>Folic Acid mg.</i> | 0.15 | 0.15 | 0.16 | 0.00 | 0.00 | 0.13 | 0.13 |

*I.U. = International Units