

**WE BELIEVE**  
baked goods and doing  
good go hand in hand.



**100%  
EMPLOYEE  
OWNED**

At King Arthur Flour, we care as much about our people, our community, and our planet as we do about our flour. Through 1% for the Planet ([onepercentfortheplanet.org](http://onepercentfortheplanet.org)) we donate one percent of sales from this flour to select environmental nonprofits.

We are a 100-percent employee-owned company of passionate bakers, and a founding B Corporation, committed to the highest quality and the greater good.



**NOKID HUNGRY**  
SHARE OUR STEVENSON

**1%  
FOR THE PLANET**

**100%  
WHOLE GRAIN**  
30g or more  
per serving  
[WholeGrainsCouncil.org](http://WholeGrainsCouncil.org)  
EAT 48g OR MORE OF  
WHOLE GRAINS DAILY



MILLED FROM SELECT 100% AMERICAN WHEAT



# 100% ORGANIC WHITE WHOLE WHEAT FLOUR

100% whole grain with a lighter color and milder flavor.



Ⓢ NET WT 2 LBS (907g)



## Nutrition Facts

Serving Size 1/4 cup (30g)  
Servings Per Container about 30

Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 0g	

Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
Thiamin 8%	Riboflavin 2%
Niacin 6%	Folate 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**INGREDIENTS:** CERTIFIED 100% ORGANIC HARD WHITE WHOLE WHEAT.

DISTRIBUTED BY  
THE KING ARTHUR FLOUR COMPANY, INC.  
NORWICH, VERMONT 05055  
[KingArthurFlour.com](http://KingArthurFlour.com) | 800.827.6836



Never bleached, never bromated.<sup>®</sup>  
No preservatives.

<sup>®</sup>"King Arthur Flour," the King Arthur logo and "Never bleached, never bromated" are registered trademarks of The King Arthur Flour Company, Inc.

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER. AFTER OPENING, KEEP COOL AND DRY IN A SEALED CONTAINER. FREEZE FOR PROLONGED STORAGE.



Try it once. *Trust it always.*

We're America's oldest flour company, made up of passionate bakers committed to spreading the joy of baking. That's why we take such care with our flour. Unbleached and unblemished by chemicals, our flour is the professional's choice and the home baker's trusted partner, prized for its consistent quality.

As essential as good flour is to good results, for us, it's still only the beginning. We offer many kinds of help, so bakers of all kinds can bake with joy.

We're here to help.

### RECIPES

Find tried-and-truly-good recipes using our White Whole Wheat Flour at [KingArthurFlour.com/recipes](http://KingArthurFlour.com/recipes).

### BAKER'S STORE

Discover our wide array of quality ingredients, kitchen tools, and more. [KingArthurFlour.com](http://KingArthurFlour.com)

### FLOURISH OUR BLOG

Great recipes, helpful tips, kitchen stories. And always, the joy of baking. [KingArthurFlour.com/blog](http://KingArthurFlour.com/blog)

### BAKER'S HOTLINE

Call or chat online with our friendly, experienced bakers. 855.371.BAKE (2253) [KingArthurFlour.com/contact](http://KingArthurFlour.com/contact)



Choose the right flour.

All-Purpose, Bread, Whole Wheat, White Whole Wheat, Self-Rising, or Cake flour—for every kind of baking, trust King Arthur quality.

**KINGARTHURFLOUR.COM**  
100% SATISFACTION GUARANTEED  
100% EMPLOYEE OWNED

