



— *Norwich, Vermont* —

ORGANIC SPROUTED WHEAT FLOUR

Sprouted wheat flour has a creamy color and fine, soft feel – it yields a loaf with a beautifully moist and tender texture. In addition to fiber and nutrition, it adds an inherent sweetness and nutty taste to breads and baked goods.



NET WT 32 OZ (2 LBS) 907g

ORGANIC SPROUTED WHOLE WHEAT FLOUR

LOOKING FOR RECIPES
USING THIS
PRODUCT?

VISIT THE RECIPE
ARCHIVES AT
KINGARTHURFLOUR.COM

Produced on equipment that
also processes eggs, milk, soy,
almonds, pecans, hazelnuts,
walnuts, and coconut.

Store cool and dry.

Nutrition Facts

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

Amount Per Serving

Calories 100 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 21g **7%**

Dietary Fiber 4g **16%**

Sugars less than 1g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

Thiamin 15% • Riboflavin 8%

Niacin 2% • Folic Acid 4%

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

INGREDIENTS: ORGANIC SPROUTED WHOLE
WHEAT FLOUR.

KING ARTHUR FLOUR
NORWICH, VERMONT 05055
800.827.6836 | kingarthurfLOUR.com

Certified Organic by Vermont Organic Farmers



100001B01C

Do not eat raw flour, dough or batter.

