



Bluebird Grain Farms, LLC
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Organic Hard Red Wheat Flour

Nutrition Facts based on 25lb bag

Nutrition Facts	
About 315 servings per container	
Serving size	1/4 cup (36g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.1mg	6%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Country of Origin: USA

Certified Organic by:
Washington State Dept. of
Agriculture

Kosher Certified

Allergen Alert:
Contains Wheat

Processed in a Nut Free facility

