



Hard White Wheat Flour Nutrition Facts (DRY)

Serving Size 1/4 cup (30 g)

Amount Per Serving	
Calories 120	Calories from Fat 5
	% Daily Value*
Total Fat .5g	1%
Saturated Fat 0g	0%
<i>Trans Fat 0g</i>	
Cholesterol 0 mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 4g	8%
Vitamin A	0%
Vitamin C	0%
Calcium	0%